



Swap, drop or minimize fat ingredients in favorites.

Food, Page 1C



Group home concept being debated.

News, Page 3A

Granite City Journal

SUBURBAN JOURNALS - #1 IN WEEKDAY READERSHIP WITH OVER 1.4 MILLION READERS.
BROOKLYN • GRANITE CITY • MADISON • MITCHELL • PONTOON BEACH • VENICE

VOLUME 19, NUMBER 9

WEDNESDAY, FEBRUARY 1, 1995

THIRTY-FIVE CENTS

Candidate in race despite conviction

By Bob Slate
Staff writer

If elected 1st Ward alderman, Dale Barnhart Sr. may not be able to take office.

Barnhart, 47, of the 2600 block of Lincoln Avenue, has a felony record that is publicly known and is wanted on an active warrant out of Brevard County, Florida, for violating that proba-

Barnhart is seeking to unseat incumbent 1st Ward alderman Bob Page in the April 4 election. Although state election law prohibits convicted felons from holding municipal office, Barnhart, who did not admit his record - said he will not withdraw his candidacy.

Barnhart pleaded "no contest" in November 1987 to a felony charge of aggravated assault with a battery in Brevard County, Florida. He was sentenced to 10 years of probation, including two years of house arrest, and ordered to pay \$6,000 in restitution for the victim's medical bills.

The current warrant was issued because Barnhart has failed to pay \$4,000 of the \$8,000

"Any man, woman or child in that situation would have done exactly what I did. That guy was trying to hurt me bad."

- Dale Barnhart

owed, he said.

Barnhart said he was the real victim in the incident which led to his arrest and conviction.

"Any man, woman or child in that situation would have done exactly what I did. That guy was trying to hurt me bad," Barnhart said.

He said he was walking down the street and mindless of his surroundings late one night when a "thug" attacked him.

After repeated attempts to get the man to stop, Barnhart pulled out a knife and cut the man, he said.

"I was the victim of a mugger," he said.

At the time, Barnhart said, he was building houses for \$6 an hour and could not afford an attorney.

"The only thing I was guilty of

was being poor," he said.

He pleaded "no contest" and was sentenced.

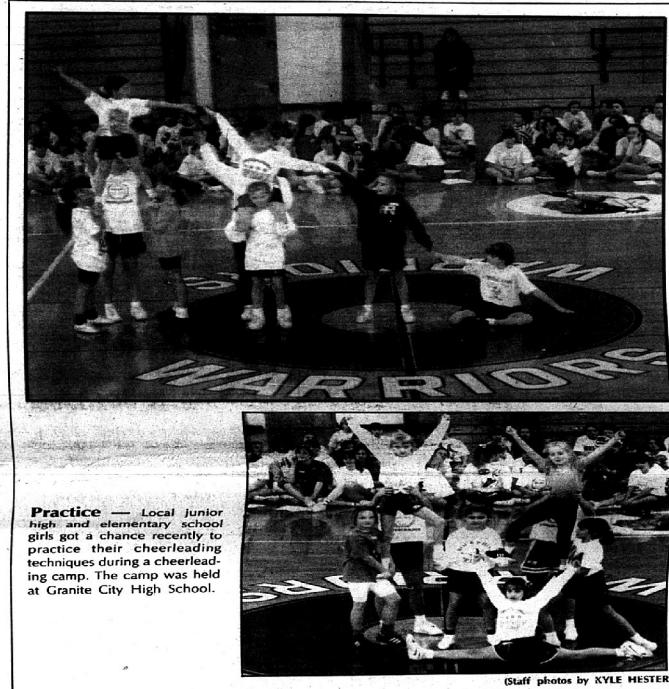
But several years later, his great aunt in Granite City was diagnosed with cancer. He moved here to take care of her, he said.

"One day I went in to see my (Madison County) probation officer and he told me that there was a warrant in Florida for probation violations."

"He told me Florida would not extradite, so I should stay away," he said. "I had to go to Florida. I came up with the money to make restitution, the warrant would probably go away," he said.

"I'm just not the person that (record) makes me out to be," he said.

(See CANDIDATE, Page 6A)



(Staff photos by KYLE HESTER)

Five lawyers censured

Loans are ruled improper

By Bob Slate
Staff writer

Joe Elberger was in dire financial straits in January 1989. He had been injured and had a lawsuit pending against the New York and Western Railroads. His wife was pregnant and could only work part time. Elberger was having increasing difficulty paying his bills and was being offered a settlement that was lower than that fair for his injury.

But rather than have Elberger settle the suit for less compensation than that to which he was entitled, attorney Morris B. Chapman of Granite City copied six promissory notes and advanced Elberger cash to help him support his family while the lawsuit was pending. The case eventually settled for \$375,000 and the advance and loans were

repaid to Chapman's law firm from the settlement funds.



Supreme Court recognized the practice as illegal and censured that it did not violate rules of conduct for lawyers.

Chapman, with offices at 1406 Niedringhaus Ave. along with Bob Egan and Terri O'Leary, two associates with Chapman's firm; and Glenn Bradford, a former Chapman associate now practicing in East Alton; were all censured.

A censure is a written notice of improper conduct. It could be used against the attorneys if further violations occurred.

Chapman's daughter, Melissa Rheinecker, also an associate in the Chapman firm, was reprimanded in the same case. She did not violate any rules of conduct for clients, the ARDC found.

A hearing board of the ARDC had recommended law license (See LOANS, Page 6A)

Sen. Evelyn Bowles of Edwardsville expects Illinois to comply with a federal law calling for states to be more aggressive in registering new voters.

"I am confident that Illinois will conform," Bowles said.

"I think that during this session something will happen, probably something in municipal elections in April."

The so-called motor-voter law tells states to take a more active role in registering residents to vote.

State workers at public assistance and drivers license facilities must ask patrons if they want to register to vote or fill out a voter registration card.

Republicans controlling the Senate are in no hurry over the law.

"We have until the 1996 election cycle," said Mark Gordon, spokesman for Senate President James "Pete" Philip, R-Wood Dale.

"I think it is worth using this window to take a look at the law before we implement it."

State Board of Elections Director Ronald Michaelson countered, "I don't think this will go into effect."

He said the courts may force Illinois to comply.

"There is a lot of action on the judicial front if not on the legislative front," Michaelson said.

Advocates filed a suit against the state last week asking a federal judge in Chicago to step in and force Illinois to comply with the law.

(See VOTER, Page 6A)

In the Journal

Index

Calendar	5A
Classified	1D
Entertainment	10B
Family	5B
Horoscope	10B
Obituaries	6A
Sports	1B

Deaths

Kenneth Knott
Alma Beckmann
Anne Walker
James Willcutt
Angelika Stein
Julie Pearce
Rose Bargiel
Herbert Venable
Jerome Mudd
Edward Evans

Coming Thursday . . .

News: Wildlife biologist has exciting life.

Funds sought for drive for bases

Several Madison County communities are pitching in to pay for a campaign to save two military bases, and others may line up to do the same.

Municipalities in Madison and St. Clair counties have been asked to chip in 20 cents for each resident to help support a \$1 million lobbying effort to keep the U.S. Army's Midwest Research and Testing Center in Granite City and Scott Air Force Base near Belleville.

The two bases could be targets for closing as the federal Base Realignment and Closure Commission begins its final round of base closure and consolidation considerations.

"The issue is real, and people need to think about it long and hard before they decide to support it," said James P. Foy, executive director of Leadership Council for Southern Illinois, which will oversee the campaign.

Hartford, Roxana and South Roxana are seeking more answers first. A 1990 study showed that Scott alone

chambers hears plea, Page 2A

pumped \$1.2 billion yearly into the metropolitan area's economy 12 times as much as the county's estimate of the positive economic impact of luring the Rams football team to St. Louis from Los Angeles, Pennekamp said. The impact of the two bases is believed to be \$1.5 billion a year.

The Madison County Board has chipped in \$10,000, and the St. Clair County Board is expected to do likewise.

Letters seeking help from the municipalities are signed by Leadership Council President Bruce McFarland and St. Clair County Board Chairman John Barcic.

Madison County Director of Administration James Monday said the two board chairmen

are requesting support for the drive as individuals and not on behalf of their county governments.

Pennekamp said the council had received about \$119,000 in contributions. In hand are checks from Millstadt, Smithton, New Albin, Marissa, O'Fallon, all in St. Clair County. He said the O'Fallon Chamber of Commerce and the Southern Illinois Construction Advancement Program also have pitched in.

The Madison County contributions that have been approved have not been received. The two bases employ a total of about 14,000 people.

"The dollars spent find their ways into all aspects of the economies of the two counties," Pennekamp said. "People need to consider the immense impact the communities would feel if these bases would close, or either one of them."

- From the Alton Telegraph

Free GED classes offered here

Bellefonte Area College is offering free general educational development classes beginning in February at the Granite City Campus.

Morning classes will meet from 9 a.m. to 12:50 p.m. weekdays from Feb. 3 to March 2. Registration for daytime classes will take place starting at 9 a.m. Feb. 3 in the Granite City Campus cafeteria.

For more information, call BAC at 233-2700, extension 522.

Irwin Chapel
thoughtfulness, always.
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LOCAL NEWS

Granite City Journal-February 1, 1995-Page 5A

FASHION EXCHANGE

Resale / Consignment
Women, Children, Teens

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DRAWING FEBRUARY 28, 1995

We've expanded to carry brand name casual and quality
dress clothing for children and teens.

TAKING SPRING CONSIGNMENTS - CALL FOR APPOINTMENT

288-0844

Community calendar

Our event calendar also includes entries for community groups and their normal meeting times. Some groups meet the first Monday of the month, the first Tuesday of the month, etc. Readers are encouraged to call these groups if holidays or other corrections, additions and deletions of information are encouraged, and new entries may be added at any time by calling the number at 476-2920.

This calendar runs in every Wednesday's Journal.

Wednesday, Feb. 1

Granite City Chess Club meets from 6 to 9 p.m. at the Granite City Public Library. For more information, call 876-4328.

Granite City Foursquare Church, 2400 East 25th St., in Granite City, welcome Danny and Chris Sinaore from Washington,

III, to sing at 7 p.m. The public is invited.

Meeting: Zion General Baptist Church, 2200 Mockingbird Lane, in Granite City, will offer free clothing available to those in need from

10 a.m. to noon.

Pulmonary Support Group, for people with respiratory condition, 11 a.m. to noon in 4-Doctors Medical Center, 798-3019.

Alcoholics Anonymous, 11 a.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Alcoholics Anonymous, 8 p.m.,

St. Elizabeth School's Noah's Ark Day Care, Pontoon Road, Granite City. The meetings are closed except for the last Wednesday of the month.

Collinsville Area Recreation District in conjunction with the Granite City Square Dancers Club will sponsor square dance lessons from 7 to 9 p.m. at Lanham, 2200 Vandalia St., Collinsville. The cost is \$2.50 per person. For more information, call 344-4338 or 344-4183, or contact CARD at 346-7529.

Divorced and Separated Group Ministry, 7:30 p.m., Eden United Church, 2200 Vandalia St., Second Floor, Edwardsville, 656-9268.

Al-Anon, 7:15 p.m., Gateway Foundation, 601 Lincoln, Caseyville, 463-2428.

Parents Anonymous Group, meets 6 to 8 p.m. For information on where meeting will be held, call Elaine Landolt, 462-2714.

(See CALENDAR, Page 7A)

Eucalyptus Floral Projects

another great craft idea from

FRANK'S®

MINI BIRDHOUSE or TRIANGLE (2 to 4 pieces)
Select 2 pieces of flexible eucalyptus and shape into a gentle arch. Wire two short thicker pieces of eucalyptus at both sides of arch for the base. If triangular shape is desired, intertwine and wire each corner and join pieces together.



Decorate as desired. Shown: 2 cinnamon sticks, Spanish moss, small bird, 1/2 yd. wire edged ribbon and dried flowers.

MINI HEART (2 pieces, 14"-16")
Wire two pieces of eucalyptus together at their base and repeat, approximately 3"-4" higher. Separate stems and bring ends around at base and join again with wire, creating heart shape.

Decorate the center of the eucalyptus heart with ribbons and flowers. Shown: 1 1/2 yds. #5 pansy ribbon, silk pansies or violets, Billy buttons and purple statice sinuata.

Try A Craft Class!

Several craft classes are being offered at all Frank's stores, covering a wide range of topics. Stop by and check them out, and sign up for those that appeal to you. If you don't think you have the talent, don't worry. Some projects require very little. And you may find out you have more talent than you thought!

Shop any of these ten convenient Frank's locations

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(314) 255-8777
St. Charles - 8350 Hwy. 94 N. Outer Rd.
(314) 835-5000
St. Charles - 3725 Harry S. Truman
(314) 947-7148
Bridgeton - 1225 St. Charles Rock Rd.
(314) 947-8000
Overland - 8901 Page
(314) 429-5155
North County - 1101 Old Halls Ferry
(314) 561-5000
Kirkwood - 1135 S. Kirkwood
(314) 821-8966
St. Louis - 4650 Lansdowne
(314) 962-8878
Shrewsbury - 125 Kenrick Plaza Dr.
(314) 962-8878
Fairview Hts. - 110 Commerce Lane
(618) 397-1251

Craft classes are being held at all Frank's stores.

Sign up today!

Watch Sunday's Journal
for more tips from
the experts at Frank's!

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Annual...

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& COLORING CONTEST**

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SALE PRICES GOOD MON., JAN. 30 - SAT., FEB. 4, 1995

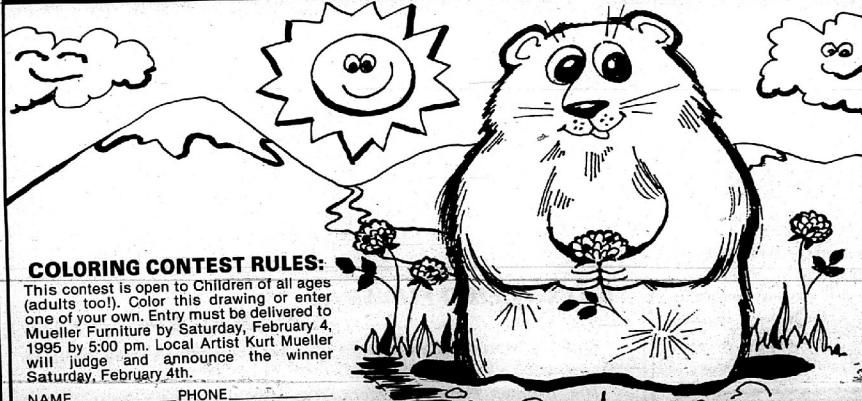
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ENTER FOR YOUR CHANCE TO WIN A CHERRYWOOD MANTLE CLOCK!



COLORING CONTEST RULES:

This contest is open to children of all ages (adults too!). Color this drawing or enter one of your own. Entry must be delivered to Mueller Furniture by Saturday, February 4, 1995 by 5:00 pm. Local artist Kurt Mueller will judge and announce the winner Saturday, February 4th.

NAME _____ PHONE _____

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1004 East Main Street
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Obituaries



Angelika Stein

Angelika (Fosciatti) Stein, 71, of Granite City, died at 9:05 p.m. Friday, Jan. 22, 1995, at her residence after being ill for more than three years. She was born Jan. 3, 1924, in Germany and had been a resident of Granite City for 45 years.

A homemaker, she was a member of Holy Family Catholic Church in Granite City.

Survivors include her husband, John Stein, two sons, Ricky and Ronald Stein, both of Granite City; one daughter, Margaret Hutchins of Granite City; four brothers, Fritz Fosciatti of Granite City and Alfonso, William and Valentine Fosciatti, all of Germany; one sister, Rita Fosciatti of Germany; and two grandchildren.

She was preceded in death by parents, John and Margaret (Mozer) Fosciatti.

Services were held Monday at Davis Funeral Home, Granite City, with the Rev. Thomas Wise officiating. Burial will be in St. John the Baptist Catholic Cemetery, Granite City.

Memorials are requested for Holy Family Catholic Church.



Julie Pearce

Julie (Milan) Pearce, 72, of Madison, died at 4:38 a.m. Saturday, Jan. 21, 1995, at the Hospital Center, Clinton, Mo., where she had been a patient for two days. She was born July 20, 1922, in Madison, Ill., and she had been a lifelong resident.

An office manager with East Side Terminal Credit Union for 20 years prior to her retirement in 1990, she was a member of St. Mary's Catholic Church in Madison and a former member of the Madison Senior Service Club.

Survivors include one son, Bill Pearce of Granite City; one daughter, Bobbie Miles of Granite City; one brother, Tom Miller of Granite City; and two granddaughters. She was preceded in death by her husband, Robert Pearce, who died July 19, 1987; her parents, William and Rose (Kasada) Miller; and two brothers, Edward J. and Walter J. Miller.

Candidate

(Continued from Page 1A)

Barnhart said he did not want to get involved in politics, but was approached by some precinct committeemen and asked to run for office. When he said no, he was asked to run for alderman.

"If I had known then that this would come out, I probably never would have got involved," he said.

"But if I'm not elected, it won't hurt Dale Barnhart. It'll hurt the residents of Ward 1," he said.

IT PAYS TO READ THE JOURNAL CLASSIFIEDS!



Services are at 10 a.m. today, Wednesday, at St. Mary's Catholic Church, 10th and Alton, Madison, with the Rev. Jim Keefer officiating. Burial will be in Calvary Cemetery, Granite City. Arrangements are by Lahey-Sedlack Funeral Home, Madison.

Memorials are requested for St. Mary's Catholic Church or the American Diabetes Association-Catholic Charities in Granite City, Granite City.

Services were held Monday at Mercer Mortuary, Granite City, with the Rev. Tommy McClure officiating.

Graveside services and burial were held Monday in Walker Hill Cemetery, Grand Tower, Ill.

Jerome Mudd

Jerome J. "Jee," Mudd, 52, of Granite City, a member of St. Louis, died at 4:10 p.m. Saturday, Jan. 28, 1995, at St. Elizabeth Medical Center after a one-year illness. He was born Dec. 8, 1942, in St. Louis and had been a resident of Granite City for 12 years.

A tire salesman with General Tire for 37 years, he was an Army veteran.

Survivors include his wife, Frances (Juhasz) Niemeyer Mudd, whom he married Aug. 21, 1982; two sons, Steven and Scott Mudd; and a daughter, Linda Mudd of St. Louis; one stepdaughter, Lisa Niemeyer of Granite City; one brother, Pierce Mudd of Festus, Mo.; and one sister, Kathleen Dugan of Granite City.

He was preceded in death by his parents, Harry and Virginia (Collings) Mudd; and one brother, Michael Mudd.

Services were held Tuesday at Irwin Chapel, Granite City, with the Rev. Thomas Wise officiating. Burial was in Calvary Cemetery, Glen Carbon.

Memorials are requested for the American Lung Association of Illinois, 1 Christmas Seal Drive, P.O. Box 2576, Springfield, Ill., 62708.

Rose Bargiel

Rose (Rozyczyk) Bargiel, 81, of Granite City, died at 1:45 a.m. Saturday, Jan. 28, 1995, at Caseyville Care Center, Caseyville, after a four-month illness. She was born Dec. 18, 1913, in Novi, N.Y., and had been a resident of Granite City for most of her life.

A homemaker, she was member of Holy Family Catholic Church in Granite City.

Survivors include three sons, Ben Bargiel of Whittmann, Ariz., Ed Bargiel of Alton, Mo., and Rick Bargiel of Sainte Genevieve; two daughters, Rosemary Zecott of Granite City, and Agnes Lambing of Laramie, Fla.; four sisters, Regina Gajewski of Ashley, Ill., Mary Kunkel of Du Bois, Pa., Barbara Miller of Sainte Genevieve, Calif., and Clara Kornak of Pine Dale, Calif.; 10 grandchildren; and six great-grandchildren.

She was preceded in death by her husband, Edward Bargiel, who died Nov. 30, 1977; one son, Daniel Bargiel; her parents, Mike and Helen (Piasiecki) Rozyczyk; three brothers, Steve, Alvin, and Edward Rozyczyk; and one sister, Thelma Kunkel.

Services are at 10 a.m. today, Wednesday, at Holy Family Catholic Church, 28th and Washington, Granite City, with the Rev. Thomas Wise officiating. Burial will be in Calvary Cemetery, Glen Carbon.

Memorials are requested for Thomas Mortuary, Granite City.

Services are suggested.



Herbert Venable

Herbert A. Venable, 69, of Granite City, formerly of St. Louis, died at 9:20 p.m. Thursday, Jan. 26, 1995, at his residence after an eight-month illness. He was born Sept. 9, 1925, in Menlo, Mo., and had been a resident of Granite City for 40 years.

A mechanic with Teed-Busch Trucking Company in St. Louis for 24 years prior to his retirement in 1972, he was of the Baptist faith. Survivors include his wife, Susie

Edward James Evans, 75, of Granite City, died at 8:38 a.m. Sunday, Jan. 29, 1995, at South Sunflower County Hospital, Indiana, Miss. He was born June 16, 1919, in Granite City.

A former supervisor with Reilly Industries, he was a member of Holy Family Catholic Church in Granite City and a member of Knights of Columbus and a World War II Army veteran, serving in Italy and receiving three Purple Hearts.

Survivors include two brothers, Tom and John, and wife, Wilma Evans of Granite City; three sisters, Leona McCoy of Granite City, Betty Christy of Pensacola, Fla., and the late Zelieh of St. Louis; and several nieces and nephews.

He was preceded in death by his wife, Dora Deane (Hotshouser) Evans, whom he married Oct. 25, 1941, in St. Louis, and who died Nov. 18, 1992; his son, Harry Leo Evans and Mary Elizabeth (Cardwell) Evans.

Visitation is from 5 to 8 p.m.

Services are at 10 a.m. Saturday, Feb. 4, at St. John United Church of Christ, 10th and Alton, Granite City.

Memorials are requested for Thomas Mortuary, Granite City.

Services are suggested.

(Continued from Page 1A)

(

LOCAL NEWS

Granite City Journal-February 1, 1995-Page 7A

•Calendar

(Continued from Page 5A)

Stress Management class, 7 to 8 p.m. at Mental Health Services, 50 Northgate Industrial Drive, Granite City. For people who want to know what causes stress, how it affects their lives, and what they can do about it. For more information call 877-4420. Fees are based on a sliding income scale.

Madison Community Action Group meets at 7 p.m. For more information call 452-2336 or Diane at 378-1360.

Thursday, Feb. 2

Chouteau Township Senior Citizens, 9 a.m. to 2 p.m. Social Center, 908 Thorngrove Drive, Madison.

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison Avenue, Granite City.

Recovery, 8 p.m., Anchorage Recreation Center, 2909 Edwards Street. For information, 297-6351 or 877-2784.

Wellness Center, 3 p.m., 2103 Iowa, 463-9429.

Narcotics Anonymous, Seeking recovery, 8 p.m., 2016 Delmar Avenue, 24-hour hotline 398-9409.

Recovery, 6:45 p.m., St. Elizabeth's Church, 2363, 6:45 p.m., Anchorage Recreation Center, 2909 Edwards Street. For information, 297-6351 or 877-2784.

United Church of Christ, 2901 Nameoki Road, Granite City, 931-0443.

Friday, Feb. 3

Eagle Auxiliary 1126 will host a dessert sale from 5 to 8 p.m. at the Aerie fish dinner for its Diabetes Fund. Contact Sue Allen to donate cakes or to volunteer for more information.

Greater Beneficial Union of Pittsburgh, District 491, Granite City Council, meets at 8 p.m. at the Knights of Columbus Hall, 4225 Old Alton Road, Granite City. James P. Reagan, president, can be reached at 288-7396; and Mary Solomon, secretary, can be reached at 451-9201.

Overeaters Anonymous, 7:30 p.m., First United Methodist Church, 2415 N. 89th Street, Caseyville. For information, call 1 (314) 638-7821.

Granite City Community Band rehearsals, 7:30 to 9 p.m., St. John

United Church of Christ, 2901 Nameoki Road, Granite City, 931-0443.

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Granite City Community Band rehearsals, 7:30 to 9 p.m., St. John

STEMPS (Support Together for Emotional and Mental Serenity and Solitude), a support group for people with an emotional illness and an alcohol or substance abuse problem, meets from 1:30 to 2:30 p.m. at Pascal Hall, St. Elizabeth Medical Center. Call 798-3604 for more information.

Sunday, Feb. 5

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison Avenue, Granite City.

Narcotics Anonymous, Acceptance, 8 p.m., 2016 Delmar Avenue, 24-hour hotline 398-9409.

Recovery, 8 p.m., Sacred Heart of Jesus Church, 930 Reynolds, Madison. Varieties: cabbage, cheese, kraut, potato, sausage and kraut, corn pudding and taco. Carry-outs only. \$6 per dozen. Cooked

and ready to eat and eat. Also available at 7:30 p.m. bingo and games start at 2 p.m. Call 877-1215 for more details.

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison Avenue, Granite City.

Recovery, 8 p.m., 2016 Delmar Avenue, Granite City.

Overeaters Anonymous, 7:30 p.m., First United Methodist Church, 2415 N. 89th Street, Caseyville. For information, call 1 (314) 638-7821.

Granite City Community Band rehearsals, 7:30 to 9 p.m., St. John

Township Hall, doors open at 12:30 p.m., bingo and games start at 2 p.m. Call 877-1215 for more details.

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison Avenue, Granite City.

Recovery, 8 p.m., 2016 Delmar Avenue, Granite City.

Overeaters Anonymous, 7:30 p.m., First United Methodist Church, 2415 N. 89th Street, Caseyville. For information, call 1 (314) 638-7821.

Granite City Community Band rehearsals, 7:30 to 9 p.m., St. John

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TO MEDICAID PATIENTS

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\$49.95 Act Now. Offer
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SAVE \$10.00 OFF SUGGESTED RETAIL
Make this the week to try on Red Wings—The Comfort Shoes.

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BRING THIS AD IN AND WE'LL TAKE AN ADDITIONAL
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LOCAL NEWS

HANDCRAFTED WITH PRIDE IN THE U.S.A.



HOME THEATRE GROUP

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REG. \$249 SALE \$1,590



OAK ENTERTAINMENT 3 PIECE WALL SYSTEM

*#1450 Media Unit W/Pull-Out Storage 14" x 17" x 50" *#2520 Video Unit (27" TV) Raised Panel *Dresser 34" x 17" x 50" *#2450 Audio Unit W/Traditional Brass Glass 24" x 17" x 50"

100% U.S.A.

Total Width: 3 Pcs.

Reg. \$312 Each

YOUR CHOICE EACH PIECE

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10%-55% OFF
SUPER BOWL
WEEK OF SAVINGS

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OF HAVING DREAMS
QUALITY, OUR HIGH
& OUR LOW PRICES
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*2 Adj. Shelves
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SALE \$164
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0% FINANCING AVAILABLE UP TO ONE YEAR

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OAK ENTERTAINMENT 2 PIECE WALL SYSTEM

*85" Wide
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*Finished in Light or Med. Oak
LIST \$1,590
SALE \$990
2 Pieces 100% U.S.A.



PROFESSIONAL CUSTOM FINISHING BY OUR OWN EMPLOYEES.
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\$559<br

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Because teachers
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St. Clair Square is offering you a golden opportunity to acknowledge an outstanding teacher through the Golden Apple Awards - our teacher recognition program developed with the endorsement of Martha O'Malley, Regional Superintendent of Schools in St. Clair County.

A good educator can make the difference of a lifetime for our children. Not only do they enrich their lives with knowledge...they nurture curiosity...encourage creativity...and foster confidence in the adults of tomorrow. Often times, without even a thank you.

Now in its fourth year, the Awards are our way of showing support and appreciation to the teachers of St. Clair County and providing you with the opportunity to honor those teachers whom you feel have made an exceptional contribution toward the education of our children.

All teachers currently teaching in St. Clair County, in public or private schools, are eligible and may be nominated by either a parent, student, fellow staff member, administrator, or community member. However, previous Golden Apple Award recipients are not eligible.

Teachers nominated will be contacted for additional information. A panel of judges which will include retired teachers, representatives from the Regional Superintendent of School's Office, and representatives of St. Clair Square will select 25 teachers, each of whom will receive a prestigious Golden Apple Award.

These teachers will be honored at The Golden Apple Awards Ceremony, a festive celebration to be held in May at St. Clair Square.

GOLDEN APPLE AWARDS NOMINATION

Teacher's Name _____

School _____

Subject/Grade Level _____

Your Name _____

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Phone _____

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- Parent
- Student*
- Fellow Staff Member
- Administrator
- Community Member

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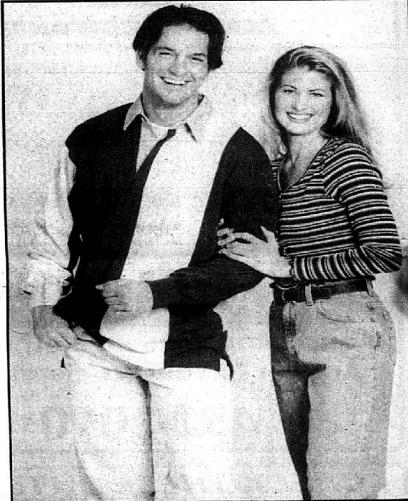
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LOCAL JOURNAL SPORTS

BASKETBALL
Warriors take on SWC
for Collinsville.
Thursday

BASKETBALL
Madison meets Spring-
field Calvary.
Thursday



Footnotes from East Invitational

Among the spectators at the Belleville East Invitational was retired East athletic director Lloyd Elmore, who was surprised to see some 27 years ago. While conversing with Lloyd about the change to up-tempo basketball in recent years, I found myself nodding in agreement, having previously the fact that Elmore now is a member of the University of Missouri Sports Hall of Fame.

THE RECENT DEATH of Kevin "Hi" Simmons, the longtime baseball coach at Mizou, prompted me to share again my memory that he was part of the 1954 Tigers national championship team.

"It's the only national championship team in school history," Elmore said. "I'm honored enough to admit that he wasn't the greatest of hitters as a catcher."

"What did you hit?" I asked regarding Lloyd's batting average while performing with a team that included pitcher Norm Stewart, a Tiger more known for his basketball achievements.

"Only singles," Elmore replied.

Also able to smile when recalling Sunday afternoons in Southern Missouri where he'd catch baseball games while refusing to wear a chest, protector and shin guards, Elmore credited Simmons as "a good baseball man."

Elmore, 72, recalled the '54 title game in Omaha, Neb., where lefthanded pitcher Ed Coop of Granite City gained a 4-2 triumph over Rollins, Fla.

OVERTIME: A 29-point, 12 rebound performance by O'Fallon's Michael Thunell in the 64-66 East title victory over Cahokia left little doubt of the 6-8 center's O'Fallon award.

A solid all-tourney performer earlier in the year, Thunell netted 10 points in each of his first two East title games, but was most impressive with a rare move in the semifinals against Belleville West.

While O'Fallon trailed 27-25 in the fourth quarter against West, Thunell took a pass just in front of the free-throw line with 6-7 Michael Jones defending.

With Jones to the basket, Thunell faked, turned to his left and then turned to his right, where it appeared Jones was in position to block a shot.

Thunell though, shot another fake. Rather than shoot right-handed, he moved the ball to his left hand and sank a lefthanded jump shot.

"We won on him," said O'Fallon Coach Norm Toenjes.

"Good players should be able to use both hands."

RIM SHOTS: While finishing third in the Invitational might have been a disappointment for East, the Lancers did pull their record to 10-10 with a convincing 83-61 victory over West in the final game.

That contest again proved that the Lancers lead the area in the development of young players. A year ago, the Lancers' rookies moved to a starting East position, fresh from Josh Helbig doing the same.

Two inches taller than Sizemore at 6-3, Helbig already is being compared to former Collinsville star Richard Keene.

(Art Voellinger is the baseball and soccer coach at O'Fallon High School. He writes a twice-weekly column for the Journal.)



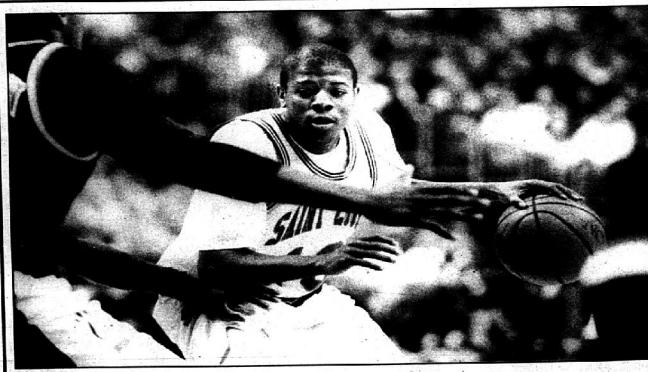
(Staff photo by KYLE HESTER)

Ray Smith pulls up for a shot as teammate Jay Simpson looks on and Lawuan Powell defends in Saturday's game.



(Photo by T.W. MILLER)

Kevin Feigenbutz (left) and the Warriors will begin the postseason Saturday at the Cahokia Class AA Regional.



(Photo by T.W. MILLER)

Erwin Claggett works his way past a defender in Saturday's game against Cincinnati. Claggett had 20 points in SLU's 75-68 win.

Claggett-led Bills claw 'Cats 'Venice Menace' 3-point bombs key SLU win

By Tony Panizzo
Staff writer

Like the St. Louis University men's basketball team, Erwin Claggett's shot was off in the first half Saturday against Cincinnati. But the Billikens' senior guard had a feeling both would return.

Claggett, the "Venice Menace," hit two crucial 3-point baskets and scored 10 points in the final 10 minutes in SLU's come-from-behind 75-68 victory over Cincinnati. The Billikens improved to 10-10. They posted their first loss in Great Midwest Conference play and improved to 12-4 overall.

Cincinnati came into the game ranked 19th in the nation by the Associated Press and 5-0 in the GMC. The Billikens, who improved to 4-2 in conference play, rebounded from a hard-fought 84-80 overtime loss to Memphis last week and climbed back into contention for the conference title.

THE BILLIKENS FOUGHT back from a 40-33 halftime deficit with a 17-9 run to begin the second half and held off the bigger, more physical

Bearcats (15-2) down the stretch. The victory was SLU's biggest to date this season.

"We didn't get down, we just knew we had to be calm and collected," said Claggett, who finished with 20 points after scoring just seven in the first half. "We just had to stay at it as a team game. Every game is important."

SLU's win, however, came after a difficult loss to Memphis and avenged an 84-73 loss at Cincinnati on Jan. 19. SLU kept its conference hopes alive and denied the Bearcats a chance at a perfect season in the GMC.

"IF CINCINNATI would have won, we could have made the tournament in," SLU coach Charlie Spurlock said. "They gave the team to beat in our league, not to take anything away from Memphis. They make life very difficult for you."

The Billikens appeared outmatched at first in the first half, when the Bearcats had the most height and the slight advantage and dominated under the basket. Claggett hit an 11-point shot but was held to just two other field goals in the first half.

(See CLAGGETT, Page 2B)

Flyers' cold treatment dooms Warriors 66-42

GCHS offense sputters in loss to East Side

By Rob Raphael
Staff writer

East St. Louis got revenge for an earlier-season defeat by beating Granite City 66-42 on Saturday night at a frigid East Side gym.

Granite City (4-12) shot a miserable 30.3 percent from the field (13 of 43) in the loss and committed 22 turnovers to only 13 for East Side (6-10).

The only thing lower than the Warriors' shooting percentage might have been the temperature inside the gym, which has had its share of problems keeping warm this year.

THE FLYERS HAVE also had their troubles this calendar year, and Saturday's victory was East Side's first of 1995.

"We had lost some heartbreakers this month, which carried over," said Flyers coach Dwight Howard. "But we put things together tonight, and we beat a team that we knew we should have beaten last time."

Granite City coach John Van

East St. Louis 66, GCHS 42					
GRANITE CITY	2pt	3pt	FT	Pts	
Jeff Smith	2	2	2	12	
Wayne Myers	2	2	3	13	
Steve Logan	0	1	0	3	
Jason Peach	0	0	0	0	
Edie Johnson	0	0	0	0	
Greg Vaughn	0	0	0	0	
Jeff Willis	0	0	0	0	
Total	2	2	4	42	
GRANITE CITY	2pt	3pt	FT	Pts	
Harold Mathis	1	1	1	12	
Mike Chapman	1	1	1	12	
Damien Jackson	1	1	1	12	
Eddie Johnson	1	1	1	12	
Lawuan Powell	0	0	0	4	
Rodney Session	0	0	0	4	
Jeff Chapman	1	1	0	2	
Total	1	1	0	62	
GRANITE CITY	2pt	3pt	FT	Pts	
Logan Smith	1	1	1	12	
Angela Vaughn	1	1	1	12	
East St. Louis	2pt	3pt	FT	Pts	
Jeff Chapman	1	1	1	12	
Mike Chapman	1	1	1	12	
Logan Smith	1	1	1	12	
Angela Vaughn	1	1	1	12	
East St. Louis	2pt	3pt	FT	Pts	
Jeff Chapman	1	1	1	12	
Mike Chapman	1	1	1	12	
Logan Smith	1	1	1	12	
Angela Vaughn	1	1	1	12	
East St. Louis	2pt	3pt	FT	Pts	
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Jeff Chapman	1	1	1	12	
Mike Chapman	1	1	1	12	
Logan Smith	1	1	1	12	
Angela Vaughn	1	1	1	12	
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East St. Louis	2pt	3pt	FT	Pts	
Jeff Chapman	1	1	1	12	
Mike Chapman	1				

SPORTS

•Claggett

(Continued from Page 1B)

The Bearcats extended the lead to 48-40 early in the second half before the Billikens made their move. Claggett hit a pair of free throws. Jeff Harris hit three foul shots, and Scott Highmark added two more to cut Cincinnati's lead to two points.

Then, with 9:25 left, Claggett nailed a clutch 3-pointer to give SLU a 50-48 lead. It's first advantage since early in the first half. Claggett set up SLU's next basket, a 3-pointer by Highmark, as the Billikens went up 53-50.

The two teams exchanged the lead until another key 3-pointer by Claggett late in the fourth. With 1:40 left, he drilled a three to give SLU a 67-63 lead. The Billikens held the Bearcats without a basket on their next possession, and Claggett hit four free throws in the final 32 seconds to seal the win.

Claggett and the Billikens regained their shooting touch after a frustrating first half. At one point in the second half, he missed on two straight 3-point attempts and was 3 of 13 from the field.

"I wasn't doing anything different," Claggett said. "I was just trying to be patient and take what they give me. I had plenty of good looks, so I couldn't complain."

"The shots just weren't falling. I knew eventually I'd hit one. I was fortunate."

"Claggett hit a pair of free throws with the shot weren't going in," Spouhour said. "We got some good shots, but they weren't falling."

That changed dramatically in the second half, when SLU's senior trio of Claggett, Highmark and H. Waldman combined for 52 points. Highmark led the way with 22, and Waldman added 13.

"I think it's an unspoken rule that the seniors have to step up," Highmark said. "Claggett played great down the stretch."

Claggett and Highmark, SLU's one-two scoring punch, were in sync once again in the second half.

"Every time I have the ball, I try to penetrate or pass it off," Claggett said. "I know they're going to double-team me and I have to wide open. We look for each other all the time."

Claggett and the Billikens are looking to post their second straight winning season under Spouhour. SLU went 23-6 last year and advanced to the NCAA Tournament after a 12-17 campaign last year.

"In the third straight year, Claggett is SLU's leading scorer. He averaged 19.7 points per game as a sophomore, 17.4 as a junior and is averaging 2.5 this year," Spouhour said.

Entering Monday's home game against Chicago State, Claggett had started in 73 straight games for SLU over 5 years.

The Billikens' three-point specialist had 256 career three's, the most in school history, and was SLU's third all-time leading scorer with 1,604.

Claggett has improved defensively each season and entered this year with a greater build at 6-1, 185 pounds. His added size has paid off greatly, particularly in games against bigger teams such as Cincinnati.

"It shows up in a game like this," Claggett said. "In a game like this, you have to be strong. You're not going to last long."

Claggett is regarded as one of the top players in the GMC and has made first team All-Conference the last two years. He has been touted as an NBA hopeful since his junior season, when he received honorable mention AP All-America honors.

Claggett is a 1991 Venice High School graduate focusing on the conference race and SLU's hopes of returning to the NCAA Tournament.

"It's been a great year," Claggett said. "Hopefully we can put it all together. Hopefully after my college career is over, there will be plenty of opportunities."

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•Legion

(Continued from Page 1B)

Illinois' closest brush with a Legion World Series has been Regional competition, the step between locals and the World Series (1982, Danville (1989) and Peoria (1994) have played host to regionals. Alton was the site for the 1993 state final at the Park Fairview. Knights played host to the 1993 state tournament.

State champions advance to the eight regions around the country. The regionals move on to the World Series. The host team doesn't automatically compete in the World Series, so Alton would have to earn its way there. Host teams automatically compete in state tournaments and regionals.

"I don't think it's going to make that much difference that we've never hosted a World Series before," Witz said.

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Jeremy Cox (102).....1-2 (1 win)
Mike Glover (112).....10-8 (4 wins)
John Kelly (112).....10-8 (4 wins)
Tim Kelly (119).....35-2 (46 wins)
Mark Mendenhall (125).....26-10 (12 wins)
Ryan Mendenhall (125).....26-10 (12 wins)
T.J. Saito (138).....33-0 (29 wins)
Kevin Feigenblatz (130).....21-8 (16 wins)
Jonas Janek (138).....20-4 (12 wins)
Brian Johnson (135).....20-4 (12 wins)
Matt Glover (140).....2-2 (1 win)
Jeff Fonda (140).....11-1 (10 wins)
John Voss (152).....27-3 (16 wins)
Jimmy Kirby (152).....6-2 (2 wins)
Jason Wilcox (152).....30-1 (18 wins)
John T. Burch (171).....10-2 (5 wins)
Tony Burch (171).....31-4 (16 wins)
John Sellers (189).....34-3 (17 wins)
Chris Janek (175).....34-3 (17 wins)

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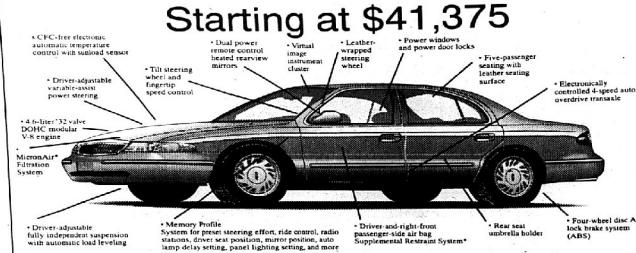
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•Warriors

(Continued from Page 1B)

three-point play to give East Side a 13-10 lead with less than a minute to go in the period. Chapman finished with 16.

The Flyers then stretched

their lead to 21 by outscoring the Warriors 34-18 over the second and third quarters.

LaWana Powell, who made four steals and took down 10 rebounds, picked off a pass and fed Jackson for a long 3-pointer

off the backboard just as the halftime buzzer sounded.

"We did a good job on the boards and our defense tonight and really our offense looked good in spurts too," Howard said. "I thought we put everything together in the third period and had a good halftime about keeping our intensity up."

East Side used a 10-0 run to outscore Granite City 20-10 in the third quarter. Eddie Johnson (five points), Eddie Johnson scored a bucket, and Chapman followed with a bucket off a rebound to start the streak.

The Warriors were three for 12 from the field in the quarter and were outrebounded 10-10 on a night the Flyers had a 36-27 edge on the boards.

GCHE was led by Ray Smith's 12 points and 10 rebounds.

"We knew we would have to slow the play down in order to have a chance," Van Buskirk said. "But we didn't; we tried to play fast and we committed a ton of turnovers - most of them caused by us."

"We had been playing well physically for a few games, but this was a really bad night and that's where we had been lacking," Howard said. "We're still looking for the right chemistry."

The Warriors were scheduled to play Collinsville in a makeup game Tuesday night. Their next game is Friday at home against Belleville East.

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SPORTS

•GCHS

(Continued from Page 1B)

land said. "The level of competition wasn't as good (Friday and Saturday). We're going to have a very good set of practices, I think. They're going to get their tails worked off. We want to get ready for Saturday."

GCHS will join six other teams at the weekend's Cahokia Invitational. The top three, the Warriors will be a heavy favorite to win the team title and advance to next week's dual-team regional. The other five teams will be: East, Belleville West, O'Fallon, East St. Louis, Lincoln and host Cahokia.

The top three wrestlers in each weight class will advance to the Granite City Sectional, scheduled for Feb. 10-11.

The top three wrestlers in each weight class at the sectional will move on to the state tournament, scheduled for Feb. 17-18 in Springfield. The top three returning state qualifiers: 112-pounder Tim Fulkerson, 113-pounder T.J. Slay, 140-pounder Brian Schleifer and 171-pounder Tim Bucher.

"This is what you work for all year," Garland said. "You have to take it one at a time and you can't look past anybody."

"All the negative things are behind us. We're healthy and our attitudes are better." One off night is OK, but you have to be concerned. You can't let it go but you also have to remember.

After struggling against Cahokia, the Warriors bounced back against East St. Louis in its final Southwestern dual meet of the year. The Warriors won all but one match by pin or forfeit and finished 4-0 in the SWC.

It was Granite City's fourth straight conference title.

Granite City got pins from 103-pounder Bob Chautsett, Fulkerson, 125-pounder Mark Mendenhall, 135-pounder Kevin Feigenburt, Schooley, 145-pounder Jeff

Estrada, 152-pounder John Venne and heavyweight Chris Janek. Janek capped off the match with the quick pin of the night, a 36-second fall against Cahokia King.

Again, Pinckneyville, the Warriors turned in another dominant effort and got pins from 112-pounder Mike Glover, Menard, 109-pounder Joe Scott and Janek, who quick-pinned Steve Yearian in 1:09.

Saturday's match marked the third time in the past four years the Warriors finished the regular season unbeaten. GCHS has lost just four duals over the past four years. The Warriors advanced to the dual-team state tourney three years ago with a

perfect record and returned last year with one loss.

GCHS is gunning for a second straight trip to the state final, which are scheduled for Feb. 25 in Normal. Last year, the Warriors qualified six individuals for state and later brought their entire team to the dual-team state tournament.

The Warriors made postseason trips to Springfield, Champaign and Normal last year. This year they will be much closer to home when the sectional kicks off next week in Memorial Gymnasium.

"It'll be nice," Garland said. "I think last year, the travel kind of wore on us."

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Young at Heart group meets

The Young at Heart Senior Citizens of Holy Family held its monthly meeting on Jan. 16 in the church community center. The meeting was called to order by Cleo Schnefke, president. Sister Margaret Mary led the group in prayer, followed by the Pledge of Allegiance.

The minutes of December's meeting was read by the recording secretary, Cleo Schnefke. In the absence of President Kelly, Schnefke read the treasurer's report. Margaret Mary, chairman of the March meeting, instead of bingo, Irish dancers will perform. Irma Manning, trip chairman, received thank-you notes from Sister Margaret Mary and Sister Bernadette for their trip to Steelville, Mo., for the annual Christmas show.

The trip to Arnold, Mo., to see the Shoji Tabuchi show was Feb. 7. The bus will leave the church parking lot at 2:30 p.m.

Siebert received a thank-you note from the Church Women United Choir for the donation the Young at Heart gave them for their songs at the Christmas party. This is another ecumenical relationship between different churches coming together.

Birthday celebrants for January were Leatrice Thebeau, Ernie Woods, Dixie Boyer, Warren Bequette and Vernon Vaszquez.

Attendance prizes were won by Frances Bury, Ruby Patton, Bequette, Siebert, Regina Forys, Catherine Wiese, Gladys Skubish, Anna Konopka, Ed Boyer, Art Lindner and Alters. For refreshments of doughnuts, hot apple cider and coffee, the rest of the evening was spent playing bingo.

The next monthly meeting will be held Feb. 20 in the church community center.

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Back Talk

by Dr. Warren A. Stewart, Jr.

THE RIGHT TOUCH

Although about two-thirds of cases of low back pain improve spontaneously within three months, not everyone has the luxury of waiting that long before he or she can return to work or recreation. Low back pain sufferers often turn to chiropractors for more immediate relief. One well-designed study to show chiropractic's effectiveness involved 100 patients with low back pain. Of these, 80% had not undergone manipulation. After the courses of treatment, the subjects were also tested to measure their flexibility. On both counts, manipulation by the chiropractor was significantly more pain-free immediately after treatment than massage.

If you suffer from this problem, or any other back condition, and haven't yet been helped by traditional medicine, come in and get a second opinion. At the office of WARREN A. STEWART, JR., we specialize in your back problem. We treat the cause of your problem, not just the symptoms. Please call 398-2121 to schedule an appointment. We are located at 10251 Lincoln Trail, Suite 12, Fairview Heights, IL 62201. F-Bam-21.

P.S. When compared to other nonsurgical treatments (such as anti-inflammatory drugs), chiropractic manipulation offers the most immediate relief from low back pain.

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Bethel Chapel holds rededication services for auditorium

The congregation of Bethel Pentecostal Church, Street and Ohio, will have special services to rededicate the auditorium at 11 a.m. Sunday, Feb. 5. An extensive remodeling project has just been completed. Along with the project, the sanctuary was decorated with new pews and carpeting. The total cost of the project has been in excess of \$60,000, which has been fully paid by coopera-

tive efforts of the congregation. Bethel Chapel was established in 1918 by the late Rev. Ralph Cook, Rev. and Mrs. Kenneth Brand assumed the pastorate in 1962 at the retirement of Brother Cook. Rev. and Mrs. Clifton Gardner assumed the duties as pastor in 1979. Rev. and Mrs. Gardner resigned to become missionaries in the country of Peru; then the present pastor, Rev. and Mrs. Leon Bell, came to the church in

May of 1985.

A fellowship dinner will be served in the fellowship hall after the dedication service. Pastor Bell and the congregation invites everyone to attend.

Rev. Clifford Hurst will lead the congregation in revival services on Sunday, Feb. 5, at 4 p.m. Services will continue at 7:30 p.m. Monday through Friday of that week.

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FAMILY

Sarah Group of CWF holds meeting

The Sarah Group of Christian Women's Fellowship from Central Christian Church, 2020 Johnson Road, in Granite City, held its monthly meeting at the home of Anna Ober, Stephens. Doris a church member, served as a brunch to Joanne Cullen, who asked the blessing.

Stephens, Sarah Group chairwoman, announced that the Christian Women's Fellowship will host a birthday party at Colonial Care Center in Granite City on Jan. 23 to honor those residents celebrating birthdays in January.

Cake and punch was to be served. This is one of the projects that Church Women United is sponsoring. The Christian Women's Fellowship is part of that organization.

Lurton finalized preparation for a cabbage roll dinner at Central Christian Church for the monthly church fellowship.

Items were brought for the "Health Kits" that the Southeast Gateway Area (SEGA) is collecting. All Christian churches in the metropolitan area are supporting this project.

In February, Central Christian Church will host the SEGA assembly luncheon meeting.

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Minerva Women's Club holds annual night out

The Minerva Women's Club held its annual night out on Jan. 21 at Andria's Restaurant in Edwardsville.

In attendance were Rene and John Schaubly, Ruth and Bill Houser, Sarah and Bill Metcalf, Millie Chandler, Rayleen and Ed Boone, Joyce

Toussaint, Dena Lovacheff, Edith and Troy Mohon, Clara and Keith Parker, Kathy Dauer, Fran Holt, Barbara Dohmen, Linda and Tom Clark, Marlene and Lee Manoogian, Beverly and Earl Benoit, Pam and Larry Dellamano and Cathy and Pat Busch.



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Karen Moore
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INFORMATION

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FAMILY

Marriage licenses

The following marriage licenses were issued through the office of Madison County Clerk Debbie Salton:
Robert Concepcion and Mary Coskley, both of Granite City;
Brandon Damrell of Waukegan, Ill., and Rebecca Griffith of Granite City;
John Kasheimer and Joann Weidner, both of Madison;
Ronald Kays of Pontoon Beach, and Stacey Knauss of St. Jacob;
James Mecalo and Janie Weber, both of Granite City;
David Newberry and Pamela Bouchard, both of Granite City;
Franklin Nolen and Deborah Borkowski, both of Granite City.

Bill Palmer and Beverly Jackson, both of Granite City;
Joseph Risiinger and Rachel Perigan, both of Marion;
Steve Schmid and Angela Lewis, both of Granite City;
Michael Wood Jr. and Carrie Whitehorn, both of Granite City. The following marriage licenses were issued through the office of Janice Delaney, St. Clair County Clerk:
Larry Sanders of Venice, and Linda Johnson of Lovjoy;
Lamont Brown and Calantha Wilson, both of Venice;
Paul O'Brien of Granite City, and Paula Newgent of Belleville;
Joniell Evans and Jewel Ratliff, both of Pontoon Beach.

Granite City Journal-February 1, 1995-Page 9B



Fifth generation — Shown are, from left, Rick Thompson of Granite City, grandfather; Carrie Poyner of Granite City, formerly of Corning, Ark.; great-great-grandmother; Alissa Thompson of Granite City, mother of Luke Thompson, fifth generation; Amy Perigo of Granite City, mother of fifth generation Ashton Perigo and Garner Perigo, who is sitting on great-grandmother Jean Thompson's lap. Jean Thompson resides in Corning.

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Today's Food

Wednesday, February 1, 1995

Food & Nutrition

Wise Ways

When eating out in the fast lane, speak up and pick the best while tooting the horn of drive-through plenty. **INSIDE**

Living Lean for Adults

Dried fruits entice snackers. Make the most of sun-dried tomatoes — after all, they are a fruit — for instant flavor. **INSIDE**

Blue Ribbon Cook

Orange is the winning flavor of the week in this month's Fruity Muffin Recipe Contest. **INSIDE**

Private Label Test Run

Sausage and biscuits are a warm, quick, filling breakfast item that avoids a stop at an eatery en route to work or school. **INSIDE**

Micro Raves

Barb Gray has tips for adding cooking to shopping for a sum of two people having a nutritious, pleasant and delicious meal together without excessive work or leftovers. **INSIDE**

Lively Taste

Aroma from the oven is the precursor of good taste in winter months. It's time to break out the bread machine and set the taste buds to expect the very best. Hearty sandwiches are quick to heat and flavor the air with aroma, too. A whole sandwich can be wrapped in aluminum foil or heated open-face until edges of the bread are browned. For liberal flavor and aroma, lace a lean sandwich with fruit chutney, spicy mustard, grated horseradish or bottled hot sauce.

Health & Fitness

Medicine Chest

Homeopathic — or "natural" — medicines are not regulated by the U.S. Food and Drug Administration, so information on their safety and effectiveness is not necessarily reviewed before marketing. Heed the advice of a health professional before using homeopathic products.

Fresh Picks

Sweet potatoes compound flavor and nutrition. Place 1 pound sweet potatoes, peeled and cut 1/2-inch thick, in a 1-quart casserole coated with nonstick cooking spray. Combine 1 tablespoon cornstarch and 1 tablespoon brown sugar, then stir in 3/4 cup unsweetened orange juice and 2 tablespoons lemon juice. Pour over potatoes. Bake, covered, in preheated 425° oven 40 minutes until potatoes are just tender and glaze is thickened.

Kids' Cuisine

Children judge food by how it looks. They like color. A slice of apple with a colored peel or orange can save a lunch. They may prefer pasta with sauce on top, rather than mixed, so it has bright color rather than a washed-out look.

Future Shop

The U.S. continues to lead the world in consumption of frozen food. An average of \$100 is spent by each person a year. The fastest growing frozen food markets worldwide are Chile and Argentina, in case you are in the export market.



Kick the ~~fat~~ Habit

By Janice Denham
Staff writer

Who cares about diet? People want to talk about eating — the more the better.

Snacks and desserts come up first. In the interest of better eating habits, have you given up your mate's habit of Saturday morning doughnuts in favor of spreading bagels with jam and fat-free cream cheese? Good for you. Are you trading in potato chips for pretzels in the lunch bag? Good for you.

Fit for fat: You thin down my favorite foods, I

won't add more gooey fat.

There is plenty of room to make many good foods even better. Registered dietitian Rita Telken works with patients at Washington University School of Medicine and is a volunteer for the American Heart Association.

"Thinning down existing family dishes is often not as difficult as it seems. Take it one ingredient at a time. Sometimes it even saves time, which we all are looking for today," she says.

SEE KICK, INSIDE TODAY'S FOOD PAGE 2



Smart Eating Contest

February is National Heart Month, which runs deep as the true meaning of Valentine's Day. It's a time of setting a course for delicious, healthful eating. The St. Louis chapters of the American Heart Association and Suburban Journals want to know what delicious foods you have moved healthfully from up your sleeve onto your plate.

To enter the Eating Right Recipe Contest, send a single recipe in one or in each of four categories:

- **30-Minute Main Dish:** It can be any type of main dish — hot or cold — not prepared in a microwave oven.
- **Microwave:** Anything goes here. Appetizer, snack, sandwich, main dish and dessert stack up the same.
- **Ethnic Dish:** Have you streamlined your creamy pasta sauce, do you make rouladen with the leanest beef or is your trifle a trifle lighter? Share your secret with the world.
- **Fruity Dessert:** Anything like apple crisp, fruit-layered cake or fruity bread can have a lightweight outlook.

Recipes should keep fat, cholesterol and sodium low, contain few ingredients, conserve preparation time as much as possible, and call for everyday ingredients. Extra consideration for prizes is given entries that include a second, less heart-healthy recipe on which the heart-smart recipe is based.

Send them by Feb. 17 to: Eating Right Recipe Contest, Suburban Journals, 1714 Deer Tracks Trail, St. Louis, Mo. 63131.



Eating Right Recipe Contest

Submitted by:

Name: _____

Address: _____

Phone: _____

Recipe Category or Categories

(one entry per category, per household, please)

<input type="checkbox"/> 30-Minute or Less Main Dish	<input type="checkbox"/> Ethnic Food
<input type="checkbox"/> Microwave Dish	<input type="checkbox"/> Fruit Dessert

Mail with recipe by February 17 to:

Eating Right Recipe Contest
Suburban Journals
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Todays' Food

Private Label Test Run

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Sausage and biscuits are a quick way to have breakfast or a snack in a jiffy.

Grab-'n'-go biscuits get quick inspection

Lots of people make it through morning with a ready-to-eat sausage-and-biscuit sandwich in each hand. *Journal* tasters checked out the southern-style variety from National Super Markets.

Both the buttermilk biscuits and mildly-seasoned sausage left favorable impressions.

"The color is good on the biscuit and the meat has a nice aroma," was a taster's first impression.

"The meat has the right amount of spice," another added quickly.

At \$1.59 for four sandwiches in two packs, a package costs 50 cents less than a similar national brand. At National it is kept among the packaged sandwich and salad.

Testers felt the product fulfilled their expectations.

One said they compared favorably against sausage and bun combinations from fast food restaurants.

In spite of their high fat

(11 grams per sandwich), one said, "I'd rather serve this to my kids a couple times a week than having them not eat breakfast. They're going to say they don't have time, but this is quick and easy." The sausage flavor is so good it would appeal to all ages. It fits little kids, too, who might go through the morning on an empty stomach.

Directions are given for heating the fully-cooked sandwich in a microwave or a conventional oven. Two from the freezer took about a minute to warm on high power.

The tongue-taste of the meat was neither overly spicy nor greasy. There was some of these where the sausage got flabby or easy. The bun lacked the flavor and feel of food. These are a delight, compared with them. They have a nice steamy flavor, just like they'd been made for me," a taster added.

Blue Ribbon Cook

Orange and pecans flavor light muffins

Denise Brown, Glencoe, is this week's winner of dinner certificates to the Pasta House Co. for Mandarin Orange Muffins.

Weekly winners on the five Wednesdays in March will be taken from entries in the Citrus Recipe Contest, which should be postmarked by Feb. 28. A recipe for any type of dish that uses any type of citrus — orange, lemon, grapefruit or whatever — is welcome.

A single entry to the con-

test should be sent to: Citrus Recipe Contest, 1714 Deer Tracks Trail, St. Louis, Mo. 63131.

test should be sent to: Citrus Recipe Contest, 1714 Deer Tracks Trail, St. Louis, Mo. 63131.

A single entry to the con-

MANDARIN ORANGE MUFFINS

1 can (11 oz.) mandarin orange segments
1 tbsp. orange extract
2 cups flour

1 tsp. baking powder
1/2 tsp. salt
1/2 cup packed brown sugar
1/4 cup granulated sugar
1 egg, well beaten
1 carton (8 oz.) dairy sour cream
1/2 cup butter or margarine, melted
1/2 cup chopped pecans

Preheat oven to 400°. Line muffin pans with paper liners. Drain orange segments, reserving liquid. Add orange

extract and enough water to liquid to make 1 cup.

In large bowl, combine flour, baking powder, baking soda, salt, brown and granulated sugars.

In separate bowl, combine egg, sour cream, orange liquid and butter. Add to dry ingredients with oranges and pecans. Stir until just moistened.

Fill lined muffin pans two-thirds full. Bake in preheated oven 20 to 25 minutes. Makes 1 1/2 dozen.

Wise Ways

By LINDA BLUMENBERG

Build those Dagwood sandwiches

Fast food does not have to be fat food. Healthy choices are available at most chain eateries. All it takes is opening your eyes and to speak up for lower-fat ingredients.

"Wise Ways" occasionally will feature a fast food outlet to point out menu items that fit a healthy diet. Readers can use the suggestions as strategies for making selections at restaurants.

Place Where Fresh Is the Taste" is the Subway slogan. Company literature promotes the concept that food is prepared to order, allowing greater individual control. Customers can watch their sandwich or salad being assembled, seeing exactly the ingredients they want.

This makes it easy to keep the meal lean, nutritious and tasty and make a monument that would make Dagwood Busteed proud.

The aroma of baking bread that greets Subway customers entering the shop reinforces the idea of freshness. White and wheat 6- or 12-inch subs and 4-inch round white rolls are baked in the restaurants daily. Whole-grain

bread generally have more fiber, and a pleasant nutty flavor, so the wheat sub is a good choice. Subway calls its darker bread "whole-grain," rather than "whole-grain," and bakes a few more calories into it. Its literature does not include information on fiber content.

Subway menus tend to vary slightly from region to region in the Subway chain, with most offering both hot and cold subs and round sandwiches. Healthy choices on the cold sub list include lean meats like turkey, ham and roast beef. Cheese adds both fat and calories. The veggie and cheese sub has less fat, so it is comparable in fat and calories to meat sandwiches without cheese.

Any of these meat-and-no-cheese fillings on a 6-inch sub without mayonnaise has about 250 to 325 calories, about 20 percent fat. On the hot sandwich list, a six-inch steak-and-cheese sub has about 350 calories, jumping to 38 percent of them from fat.

What is there to add for extra crunch, flavor, fiber

and nutrients but few calories and little fat? Try flavorful onion, lettuce, tomato, green pepper, pickle, mustard or hot peppers. Since fat-laden mayonnaise comes standard on the 4-inch round sandwiches, it is best to specify "no mayo" when ordering.

Another important strategy for healthy eating is controlling portion size. Extra-sized portions means eating extra calories, fat and sodium as well. Obviously, fat and calories in 6-inch subs are half that in 12-inches, yet even the 6-inch size is more than many people eat comfortably for lunch.

A 12-inch sub cut in 3 portions gives me one to share with a friend, one for myself, and one to refrigerate for tomorrow's lunch. If I am eating alone, a 4-inch round makes a good personal portion size.

Subway also makes salads. Like with the subs, the healthiest choices are those made with lean meats that keep the calorie count close to 300. Light Italian dressing or a splash of vinegar keeps

total calories low. Pouring on two tablespoons of regular dressing almost doubles the fat and calories of an otherwise healthy salad.

Healthy eating is an important part of a healthy lifestyle. Make fast food part of that healthy lifestyle by choosing moderate-size portions of lean meats, crispy vegetables and low-fat spreads on whole grain breads.

Ask for low-fat or skim milk when available. Finally, bring along or add a piece of fruit to give a nutritious, sweet finish to this healthy meal.

Customers can pick up a leaflet listing nutrition information for several menu items at many Subway stores. For a more complete list, write to: Research and Development, Nutritional Division, Subway World Headquarters, 320 Big Dipper, Milford, Conn. 06460.

Certified home economist Linda Blumenberg is nutrition specialist for the *Missouri Extension (University of Missouri system)* in Montgomery County.

Micro Raves

By BARB GRAY

Cooking for two people begins with smart shopping

According to the last consensus, there are more households of one or two people than ever before in history and the number continues to grow. A microwave oven, ideal for the small household, saves time and energy dramatically.

Cooking for one or two begins in the supermarket. An average family size decreases, supermarkets cater more to the needs of the smaller household.

In the produce department, buy a handful of green beans rather than a pre-packaged pound or select one tomato

rather than taking several in a sealed tray. This saves for carrots. Pick up one or two instead of a pound. While it may be cheaper originally to buy a larger amount, boredom over same-old meals or spoilage of extra food can be costly, too.

If your market does not have a butcher behind the counter, learn to ring the bell for service and request just one pork chop or one-fourth pound of ground beef. Buy a half-dozen eggs and one stick of butter at a time.

When buying frozen vegetables, bigger is better. Open a

poly bag of loose-pack vegetables, remove what you need and reclose the bag with a twist tie. A handful of frozen vegetables, covered, usually requires only 2 to 3 minutes of microwave time on high power for an instant side dish or snack.

If you're short on time, a frozen bowl of Broccoli-Noodle Soup while waiting for a frozen entree to heat. Pick ramen noodles with less salt and fat.

Apples are a good buy, particularly while produce from the rainy West is priced high. They make a good side dish, dessert or topping for pan-

cake or waffles.

BROCCOLI NOODLE SOUP

1 cup chopped fresh or frozen broccoli
1/2 cup hot water
1 pkg. (2 oz.) chicken-flavored ramen noodle soup

In 4-cup glass measure or bowl, microwave broccoli and water on high power 5 to

6 minutes until boiling. Break up noodles in package. Add to water, stirring as needed. Add chicken-flavored ramen noodle soup.

Note: Leftover cooked vegetables can be used in place of fresh or frozen. For a hearty soup, add 1/2 cup chopped cooked chicken or turkey.

SAUTEED APPLES

1 large cooking apple, peeled, sliced
1 tsp. margarine
1/2 tsp. brown sugar
Pinch cinnamon
1/2 cup vanilla yogurt

In 2-cup microwave-safe bowl, microwave apple, margarine, brown sugar and cinnamon covered, on high power, 3 to 4 minutes until apple is tender.

Certified home economist Barb Gray specializes in microwave cooking.

1 pkg. (8 oz. brick, not tub) fat-free cream cheese
1 pkg. (8 oz. brick, not tub) soft-feta (light cream) cheese
3 whole eggs
3 egg whites
2 tsp. minced garlic

2 to 2 1/2 tsp. pepper sauce
1 tsp. chili powder
2 to 3 tbsp. Worcestershire sauce
2 drops yellow food coloring

Salsa
Cilantro sprigs

Preheat oven to 300°. Spray 9-inch cake pan or spring-form pan lightly with non-stick cooking spray.

Line side of pan with tortilla, overlapping to fit.

Divide, then, the drain beans well in colander. Coarsely chop beans with

In large bowl, beat both packages cream cheese until fluffy. Beat in whole eggs and egg whites, one at a time. Beat in beans, garlic, and chives would do that, to the

pepper sauce, chili powder, Worcestershire sauce and food coloring. Pour mixture over tortilla.

Bake in preheated oven about 50 minutes until center is just set and sharp knife inserted halfway between center and edge comes out clean.

Serve warm or cold with salsa, garnish with cilantro.

Makes 8 main-dish servings; 230 calories, 18 g protein, 10 g (originally 24 g) fat, 28 g carbohydrate, 105 mg cholesterol and 780 mg sodium each. Baked in 8- or 9-inch square pan, makes 24 appetizer servings; 95 calories.

For information about beans and copies of more winning recipes, send a self-addressed, stamped business envelope to: Women Education and Awareness Network, ROP 94-2 Offer, 115 Railway Plaza, Scottsbluff, Neb. 69361.

Living

Tang exte

Both children say "mmmm" fruits. They love apricots, but bring added fiber types of recipes.

Dried tomato remember tomato fruit — can be snack right out added to a favorite dish.

Simple cut dried in small pieces in pie or sciss or sciss in a pot.

PINEAPPLE
If a favorite sugary topping

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Todays' Food

Living Lean for Adults

By BARBARA HAAS

Recipe

Tangy taste of tomatoes extends 'fruit' repertoire

Both children and adults say "mmmmmm" to dried fruits. They love to snack on berries like raisins and apricots, but a wider variety brings added flavor to many types of recipes.

Dried tomatoes — yes, remember tomatoes are a fruit — can be eaten as a snack right out of the bag or added to a favorite recipe for a touch of tangy tomato taste. Available dried or in whole pieces, usually in the produce department of local supermarkets, they are low in calories with a trace of polyunsaturated fat. They are an excellent source of dietary fiber, vitamins A and C and iron.

Sun-dried tomato packages often offer ideas for using them. A cook can try them by adding a few to any recipe where a little color and tomato flavor is appropriate. They are excellent on pizza, in batter for scones or in pasta.

Simply cut dried tomatoes in small pieces with a kitchen knife or scissors. For softer, less-chewy pieces, heat them in boiling water about 10 minutes or add them to

warm foods.

A person who has avoided cream sauce for pasta should try this wonderful low-fat, low-sodium sauce that adds sun-dried tomatoes to a colorful tangy taste. Directions are given for making it in a microwave oven, but it also can be done on top of the stove, keeping heat low to ensure smoothness and expected consistency.

Chopped broccoli, steamed 1/2 cup chopped fresh mushrooms, steamed 1/4 cup grated parmesan cheese 1/2 cup sun-dried tomatoes, 1/2 cup tidbits 4 cups cooked pasta shells, prepared without salt or fat

Spray a 1-quart microwave-safe dish with nonstick cooking spray. Add garlic, mushrooms, cheese and sun-dried tomatoes.

Add cornstarch, basil, salt and pepper. Gradually add milk, stirring with wire whisk until blended. Microwave on high power 8 to 10 minutes, stirring every 2 minutes, until sauce is slightly thickened.

Combine sauce with broccoli, mushrooms, parmesan cheese, tomatoes and pasta.

Makes four (1 1/2-cup) main-dish servings; 315 calories, 3 g fat, 16 g cholesterol and 45 mg sodium each.

Registered dietitian Barbara Haas is a member of the nutrition committee of the American Heart Association, St. Louis Chapter.

PASTA CON BROCCOLI WITH DRIED TOMATOES

1 clove garlic, minced
1/2 cup cornstarch
1/2 tsp. dried whole leaf basil
1/8 tsp. salt
1/4 tsp. pepper
1 can (12 oz.) evaporated skim milk
2 cups fresh or frozen

upside-down cake, for example — ends up with brown sugar crystallizing instead of making a clear syrup, reduce the sugar.

If the amount is too high, it may not dissolve completely during baking time.

PINEAPPLE CAKE
If a favorite cake with a sugary topping — pineapple

TWIN PINWHEEL BEEF LOAVES

3 lb. ground beef
1 1/2 cups soft bread crumbs
2 eggs
1/2 cup ketchup
1 tbsp. prepared mustard
2 tsp. salt
1/4 tsp. pepper
1 pkg. (10 oz.) frozen chopped spinach, thawed
1 1/2 cups cooked rice
1 small onion, chopped
1/2 tsp. marjoram or basil
More ketchup, if desired

Preheat oven to 350°. Lightly butter a 9x13-inch rectangular baking dish. Spread bread crumbs, eggs, 1/2 cup ketchup, mustard, salt and pepper.

Combine spinach, rice, onion and marjoram.

Pat half the beef mixture at a time on waxed paper to make 14-by-10-inch rectangles about 1/2 inch thick. Spread the spinach mixture evenly over meat. Roll up meat mixture jelly-roll fashion from short end of rectangle to enclose rice filling. Press meat over filling at both ends.

Place loaf seam-side down on rack in roasting pan. Spread top very lightly with ketchup. Bake in preheated oven 50 to 60 minutes. Let stand 10 minutes before slicing.

Makes 2 loaves.

Note: Second pinwheel loaf can be wrapped in airtight packaging, frozen and stored 2 to 3 weeks. To bake frozen loaf, bake 1 1/4 to 1 1/2 hours.

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RUDY FARMS HOT NACHO CHEESE DIP \$3.98 LB.

SHENANDOAH CHICKEN FRANKS \$3.95 LB.

WEAVER CLUB CHICKEN Bologna \$3.95 LB.

MAPLE RIVER PICKLE LOAF \$4.98 LB.

KAHNS CORN DOGS \$4.98 LB.

SILVER MALLADON FOOT LONG HOT DOGS \$5.98 LB.

ARMOUR BEEF SLICED HAM \$5.98 LB.

BREADED CHICKEN TENDERS \$6.98 LB.

FRESH FROZEN DUBUQUE POINT CUT CORN BEEF BRISKET 79¢ LB.

WHOLE BONE-IN HAM 79¢ LB.

FRESH T-BONE OR PORTERHOUSE STEAKS \$3.99 LB.

THICK SLICE PEPPED SLAB BACON \$3.98 4 1/2 LB. 3 LB.

SHENANDOAH 2 PC. CHICKEN PARTY WINGS \$4.95 5 LBS.

SHENANDOAH 5 LBS. \$4.95

CORN KING SLICED HAM \$2.98 LB.

HILLSIDE FARMS CHUB BRAUNSCHEIDER \$2.98 LB.

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KAHNS CORN DOGS \$4.98 LB.

SILVER MALLADON FOOT LONG HOT DOGS \$5.98 LB.

FRESH SPLIT CHICKEN BREAST 88¢ LB.

FRESH T-BONE OR PORTERHOUSE STEAKS \$3.99 LB.

THICK SLICE PEPPED SLAB BACON \$3.98 4 1/2 LB. 3 LB.

FRESH WHOLE HOG BREAKFAST LINKS \$1.59 1 LB.

FRESH ICE PAK CHICKEN WINGS \$2.99 LB.

FRESH ICE PAK WHOLE FRYERS \$3.99 LB.

FRESH ICE PAK CHICKEN NUGGETS \$4.99 LB.

SPLIT BUFFALO \$1.19 LB.
41 50 CT GULF SHRIMP \$4.99 LB.
STORE CUT CATFISH NUGGETS \$2.39 LB.
ALASKAN SALMON STEAKS \$2.49 LB.

FRESH ICE PAK CHICKEN LEG 'N' 14 LBS. \$1.50
FRESH ICE PAK CHICKEN WINGS \$2.00 LB.

FRESH ICE PAK WHOLE FRYERS \$3.30 LB.

FRESH ICE PAK CHICKEN NUGGETS \$4.99 LB.

DAIRY
GRADE A JUMBO EGGS 69¢ DOZ.

PEVELY ORANGE JUICE \$1.29 64 OZ.

PEVELY COTTAGE CHEESE \$99¢ LB.

DAIRY MARKET DAY 12" SAUSAGE & PEPPERONI PIZZAS \$1.29 21 OZ. to 26 OZ.

DAIRY PRAIRIE FARMS ICE CREAM \$2.99 1/2 GAL.

DAIRY SARA LEE 5 LB. PAN APPLE OR CHERRY COBBLER \$3.99

DAIRY INTERSTATE FRENCH FRIES 5 LB. \$1.99

DAIRY HAM HOCKS \$4.95 LB.

DAIRY HICKORY SMOKED HAM HOCKS \$4.95 LB.

DAIRY HILLSHIRE FARMS HOT LINKS \$5.95 LB.

DAIRY BRYAN BEEF COCKTAIL SMOKIES \$5.95 LB.

DAIRY BREADED COOKED CHICKEN NUGGETS \$8.95 LB.

DAIRY VESS SODA 2 LTR. \$5.99
OLD VIENNA PIPLET. 6 OZ. \$8.99
POTATO CHIPS 12 PK. \$1.99

5 LB. SALE
BALLPARK REGULAR BRATWURST \$2.95 LB.
WILSON JUMBO BEEF HOT DOGS \$3.95 LB.
WILSON SPICED LUNCHEON \$3.95 LB.
BALLPARK KNOCKWURST \$3.95 LB.
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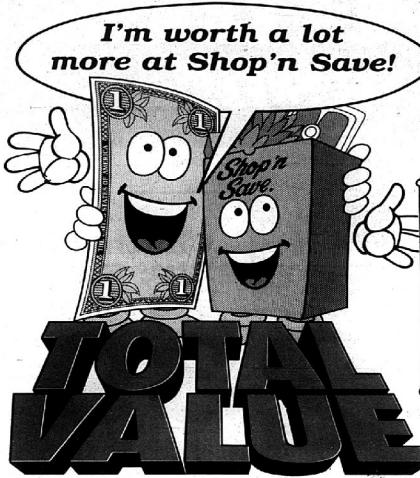
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WILSON SPICED LUNCHEON \$3.95 LB.
BALLPARK KNOCKWURST \$3.95 LB.
HICKORY SMOKED HAM HOCKS \$4.95 LB.
H

Stretch Your Dollar!

With 1,000's of Great Values



PRE-PRICED \$2.99, ASSORTED VARIETIES
Tostitos
Tortilla Chips
3/\$5
 14. 5 TO 16-OZ.
 10.75 TO 11.5-OZ. TOSTITOS SALSA \$1.79



SELECTED VARIETIES
Shop 'n Save
Can Vegetables

8/\$1
 14 TO 15-OZ.
 CAN
 LIMIT 16 COMBINED
 VARIETIES

•BONUS•
 RED TAG VALUE!

Oral-B Toothbrush
 Buy 1 Get 1 Free Package

99¢
 EACH
 LIMIT 2 PKGS. WHILE QUANTITIES LAST

2-LITER BOTTLE
Coke, Diet Coke
 or Sprite

79¢
 LIMIT 6
 OVER
 LIMIT 99¢
 24-PACK \$5.67. LIMIT 6 OVER LIMIT \$5.99

Viva
 Paper Towels
399
 6-ROLL PKG.



Imperial
 Quarters
289¢
 1-LB.
 PKG.

CHICKEN NOODLE, TOMATO,
 VEGETABLE OR CREAM OF MUSHROOM
Campbell's
 Family Size Soup ...

99¢
 26-OZ.
 CAN

BUTTER OR
 LIGHT BUTTER
Planter's Microwave
 Popcorn

199
 6-COUNT
 PACKAGE

WHITE OR ASSORTED PRINTS
 DOUBLE ROLL
Kleenex
 Bath Tissue

199
 4-ROLL
 PACKAGE

ASSORTED PRODUCTS
Entenmann's
 Bakery Goods

PRE-PRICED FROM \$2.29 TO \$3.89

199
 EACH

REG., COUNTRY STYLE,
 OR CALCIUM FORTIFIED
Minute Maid Chilled
 Orange Juice

199
 64-OUNCE
 CARTON

35¢ OFF LABEL
 OUR LOW PRICE \$3.49
Mrs. Butterworth
 Reg. or Lite Syrup....
 WITH \$1.30 IN-STORE COUPON

FAMILY SIZE
Sunshine
CHEEZ IT Crackers .

219
 36-OUNCE
 BOTTLE

299
 24-OUNCE
 PACKAGE

Pick up a FREE "Shout NO"
 Child Activity Book.
 Details at the Kleenex
 Bath Tissue Display
 at Shop 'n Save

LIMITED QUANTITIES WHILE SUPPLY LASTS



ROUND TOP
Shop 'n Save
 White Bread ...
3/\$1
 16-OZ.
 LOAF

02011A

Shop 'n Save

You Save Every

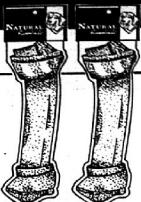
Total Pet Values

FOR YOUR BEST FRIEND!



Pedigree
Can Dog Food
ASST. FLAVORS

3/\$1
13.2-OZ.
CAN



REGULAR \$2.99 EACH
**9-Inch
Rawhide
Bone**



Chatham
Bite Size
Dog Food

239
20-LB. BAG

FIELD TRAIL
GOURMET GRAVY
DOG FOOD
4.99
20-LB. BAG

PURINA MEDIUM
DOG BISCUITS
1.79
2-LB. BOX

KIBBLES & CHEEZY
CHEWS
6.99
20-LB. BAG

FRISKIES
PET TREAT
87¢
EACH

HARTZ NO. 91167
RAWHIDE
BONE
1.99
EACH

HARTZ NO. 91168
RAWHIDE
BONE
2.67
EACH

HAPPY HOUND
DRY DOG
FOOD
3.49
20-LB. BAG

THRIFTY HOUND
DRY
DOG FOOD
2.99
20-LB. BAG

BEEF OR
CHEESE
BEGGIN STRIPS
2.09
6-OZ. PKG.

PETRIX
DOG
TREAT
99¢
EACH

BEEF STICKS
BUY 1 GET 1
FREE PACK
1.99
EACH

HARTZ NO. 91165
RAWHIDE
BONE
99¢
EACH

KIBBLES & CHUNKS
DRY
DOG FOOD
6.99
20-LB. BAG

BEEF OR
CHEESE
BEGGIN STRIPS
2.09
6-OZ. PKG.

PURINA
ORIGINAL
CAT CHOW
1.09
18-OZ. BOX

PURINA
ORIGINAL
CAT CHOW
9.99
20-LB. BAG
PRE-PRICED \$10.99

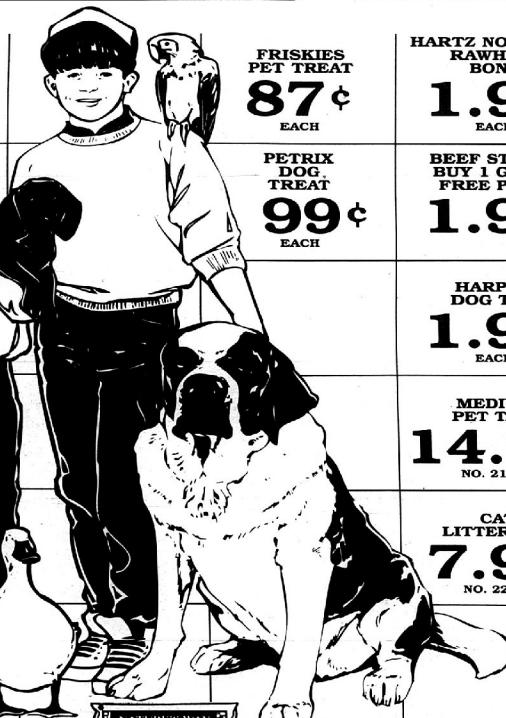
PURINA
MEOW MIX
DRY CAT FOOD
1.09
18-OZ. BOX

PURINA
MEOW MIX
DRY CAT FOOD
9.99
20-LB. BAG
PRE-PRICED \$10.99

WISKAS
CAN
CAT FOOD
4/\$1
5.5-OZ. CAN

PURINA
CAN
CAT FOOD
4/89¢
5.5-OZ. CAN

WHISKER LICKINS
CAT TREATS
FISHYS OR MOUSERS
99¢
3-OZ.
EVERYDAY LOW PRICE



CAT
LITTER PAN
7.99
NO. 22033

OUT
PET ODOR
ELIMINATOR
1.99
NO. 70243

TIDY
SCOOP CAT LITTER
2.89
7-LB. JUG

PUPPY
HOUSE
BREAKING PAD
3.99
EACH

AUDUBON PARK
WILD BIRD
SEED
2.89
25-LB. BAG

179
25-LB. BAG



Kal Kan
Can
Cat Food

7/\$1
5.5-OZ.
CAN



Bi-Rite
Cat Litter

179
25-LB. BAG

02012A

Da

Liqu

REGULAR OR
Pabst Blue
Beer.....

REGULAR, LIC
DARK OR DRY
Michelob
Beer.....

Crystal Pa
Gin or Vod

24-PACK CUB
Red
Dog

ASSORTED VA
Bartles & J
Wine Coola

Please

CARTON PRICES INCL
SALES TAX ADDITION
Salem
Cigarettes

Health
Red

SAVE 16
Colgat
Toothpa
ALL VARIET
EXCEPT BAKING

Our Low Sale
\$1.00
Robutus
Cough Dr
25-COUNT PAC

SAVE \$1.
Outrageous
or Conditi

19
15-02

Our Low Sale
Excedrin T
Assorted Va

38
WITH COUPON AT

SAVE 5.
Hall's Sug
Cough D

11
80-00

Day at Shop 'n Save

Liquor Dept. Red Tag Values

Liquor Prices Good At Illinois Stores Only

REGULAR OR LIGHT
Pabst Blue Ribbon
Beer..... **699**
24-PACK CUBE

REGULAR, LIGHT,
DARK OR DRY
Michelob
Beer..... **3/999**
6-PACK
12-OZ. N/R

Crystal Palace
Gin or Vodka **799**
1.75-LITER

24-PACK CUBE
Red
Dog **1099**
12-OUNCE CANS

ASSORTED VARIETIES
Bartles & Jaymes
Wine Coolers **2/\$5**
4 PACKS

Please Drink Responsibly-Don't Drink & Drive.
CARTON PRICES INCLUDE EXCISE TAXES
SALES TAX ADDITIONAL
Salem
Cigarettes **1299**
CARTON

LIGHT OR AMBER
Bacardi
Rum **699**
750-ML

ASSORTED VARIETIES
Boone's Farm
Wine **3/\$5**
750
ML

Seagram's
7 Crown **1199**
1.75-LITER

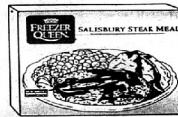
ASSORTED VARIETIES
Chi-Chi's
Wine Coolers **3/\$5**
4 PACK

ASSORTED VARIETIES
Paul Masson
Wine **2/\$5**
1-LITER
BTL.

CARTON PRICES INCLUDE EXCISE TAXES
SALES TAX ADDITIONAL
Doral
Cigarettes **1099**
CARTON

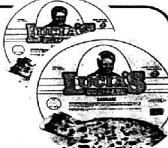
Frozen Food Red Tag Values

ASSORTED VARIETIES
Freezer
Queen
Dinners



79¢
9 TO 11-
OZ. PKG.

ASSORTED VARIETIES
Lucia's
Pizza



2/\$6
16 TO
22.5-OZ.

ASSORTED
VARIETIES
Tony's World Cafe
Egg Rolls **3/\$5**
9-OZ.
PKG.

Red Tag Values

are temporary manufacturer price reductions
that we pass on to you. With red tags you
save even more off our everyday low prices!

Health & Beauty Red Tag Values

SAVE 16¢
Colgate
Toothpaste
ALL VARIETIES
EXCEPT BAKING SODA

1 49
4.6-OZ. TUBE
OR 4.7-OZ.
STAND-UP

Our Low Sale Price
\$1.00
Robitussin
Cough Drops
25-COUNT PACKAGE

Free
WITH COUPON

SAVE 61.18
Outrageous Shampoo
or Conditioner

1 99
15-OZ. BTL.

Our Low Sale Price \$4.89
Excedrin Tablets
Assorted Varieties

3 89
50-CT. PKG.

SAVE 58¢
Hall's Sugar Free
Cough Drops

1 19
25-CT. PKG.

SAVE 80¢
St. Ives
Collagen Lotion

3 19
20-OZ. BTL.

SAVE \$1.98
30-Mg.
Sudafed

1 99
24-CT. PKG.

SAVE 29¢
Speed Stick for Men
Assorted Varieties

1 69
2.25-OZ. PKG.

Video Center

AT STORES WITH VIDEO DEPARTMENTS ONLY

Everyday Low Rental Prices

EVERYDAY
All New
Releases..... **99¢**
EACH

EVERYDAY
All Other
Titles **49¢**
EACH

SAVE \$1.00 NOW ON EXCEDRIN

Save \$1.00 on any Excedrin® Extra Strength, Aspirin
Free Excedrin® or Excedrin® PM 50's or 100's tablets
or caplets with this coupon.
Limit one per customer. Expires 2/4/95.

CONSUMER: Only one coupon is redeemable per purchase and only on specified product. You pay any sales tax.
RETAILER: We are not responsible for any damage to the coupon or for any portion of the coupon that is not
readable. We will not be responsible for any loss or damage to the coupon. You are responsible for any damage to the coupon
or for any portion of the coupon that is not readable. We will not be responsible for any loss or damage to the coupon.
Bristol-Myers Products Coupon Redemption Policy, incorporated herein by reference and available upon request. Send
coupons to Coupon Redemption Center, P.O. Box 670027, El Paso TX 79967-0027. Cash value 1/20 of 1¢.



P45-02-100

General Merchandise

G.E. Soft White
Light Bulbs

Our Low Price \$1.54

99¢
4-PACK
WITH COUPON

OUR LOW PRICE \$1.39
G.E. Soft White
3-Way Bulb **99¢**
EACH
WITH COUPON

Retailer's Coupon Expires February 12, 1995
Save 55¢
at SHOP 'N SAVE
on a GE Soft White 4-pack

Consumer: Coupon valid only on purchase of a GE Soft White 4-pack. Coupon may not be
reproduced or combined with another offer. Offer limited to U.S.A. & Puerto Rico. Limit one
coupon per purchase. Void where prohibited. Retailer: GE will reimburse you for the face
value of this coupon provided you have accepted the coupon in accordance with the GE Coupon
Redemption Policy. For copy of policy, coupon, and other information, mail claims to GE, P.O. Box 60026, El Paso, TX 79967-0026. Expires February 12, 1995.

206480 314201

Retailer's Coupon Expires February 12, 1995
Save 40¢
at SHOP 'N SAVE on a
GE Soft White 3-Way Bulb

Consumer: Coupon valid only on purchase of a GE Soft White 3-Way Bulb. Coupon may not be
reproduced or combined with another offer. Offer limited to U.S.A. & Puerto Rico. Limit one
coupon per purchase. Void where prohibited. Retailer: GE will reimburse you for the face
value of this coupon provided you have accepted the coupon in accordance with the GE Coupon
Redemption Policy. For copy of policy, coupon, and other information, mail claims to GE, P.O. Box 60026, El Paso, TX 79967-0026. Expires February 12, 1995.

206481 314219

IN-AD COUPON EXPIRES 2/4/95

FREE
Robitussin

COUGH DROPS BAG
MAXIMUM RETAIL VALUE \$1.00
EXCLUDING TRIAL SIZE & STICKS

ONE COUPON PER PURCHASE

RETAILER: Limit one coupon per purchase. P.O. Box 60026, El

Paso, TX 79967-0026, or departmental at

the A.H. Hebe Company, Incorporated, 1000

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Your Choice of
Single Prints
PLUS FREE FILM
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3 79
24-EXP. ROLL
3 1/2-INCH PRINTS

EVERYDAY!
ORIGINAL COLOR PRINT FILM ONLY

Retailer's Coupon Expires February 12, 1995
Save 40¢
at SHOP 'N SAVE on a
GE Soft White 3-Way Bulb

Consumer: Coupon valid only on purchase of a GE Soft White 3-Way Bulb. Coupon may not be
reproduced or combined with another offer. Offer limited to U.S.A. & Puerto Rico. Limit one
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020130

TOTAL VALUE EVERY TIME YOU SHOP!

SOLD IN 5-POUND BAGS



Fresh Chicken Leg Quarters

39¢

1b.
LIMIT 3 PKGS.

USDA Choice Beef Rib Steaks

299

lb.

FROZEN, 5 TO 7-POUND AVERAGE Pride of the Farm Turkey Breast

97¢

lb.
LIMIT 1

ALL VARIETIES Buddig Wafer Thin Sliced Meats

39¢

2.5-OZ.
PKG.

Louis Rich
Ground Turkey 99¢

Hunter All Meat
Hot Dogs 69¢

129

1-POUND
PACKAGE

Eckrich
Smoked Sausage ... 189

lb. 399
Holten Extra Value
Beef Patties 399

2/\$4

10.5-OZ.
PKG.

Oscar Mayer
Sliced Bacon 199

ALL VARIETIES
Claussen
Pickles 199

1-POUND
PACKAGE

Deli/Bakery/Seafood Shop

98% FAT FREE Jennie-O Turkey Breast

299

lb.

Deli Fresh American Cheese

299

lb.

SESAME OR
Corn Topped
Steak Buns 99¢

Farm Fresh
Catfish Nuggets

159

lb.

Fresh
Creme Horns 149

4-COUNT
PACKAGE

219

lb.

Boneless
Whiting Fillets

U.S. No. 1
Russet Potatoes

238

15-POUND
BAG

Medium
Yellow Onions 98¢

5-LB.
BAG

Imported
Dried Apricots 199

lb.

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Adjustments: Please report errors the first day your ad appears. The Journals will not be responsible for any errors that occur after the first day. If you cannot locate your ad or if an error occurs please call 877-7700. In case of an error, the Journal will extend the schedule of that ad. The adjustment of any error will not exceed the cost of the ad.

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Cassette, Auto, AC, PS, PB, Rear Defrost & More **\$10,495**

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*'92 PONTIAC 2dr. Fiero
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*'92 Acura Legend Coupe, Awd
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*'90 Suzuki Sidekick Convertible
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*'90 Mazda 929, Moonroof, 4 Speed
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*'92 SAAB 900, 5dr.
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*'95 Legacy Sedan Auto, A/C, PW, PB, Cruise, Tilt, Cass.

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*'95 Dodge Spirit ES Auto, V-6, Auto, PW, PL, Cruise, Tilt, Cass.

95 GEO STORM GSI

*'95 Geo Storm GSI Auto, V-6, Sdn., A/C, PW, PB, Cass.

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*'95 Buick Regal Sedan Auto, V-6, Auto, PW, PL, Cruise, Tilt, Cass.

95 BERETTA COUPE

*'95 Beretta Coupe Auto, V-6, PW, PL, Cruise, Tilt, Cass.

95 OLDS 98 REGENCY

*'95 Olds 98 Regency Auto, PW, PL, Cruise, Tilt, Cass.

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*'95 Lumina Sedan Auto, V-6, PW, PL, Cruise, Tilt, Cass.

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*'95 Pontiac Grand Prix Coupe Auto, V-6, Auto, PW, PL, Cruise, Tilt, Cass.

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95 OLDS CUTLASS SUPREMES

*'95 Olds Cutlass Supremes Auto, V-6, Auto, PW, PL, Cruise, Tilt, Cass.

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\$1000/Week

Meet Your Match

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Attractive SWF, 37

1st, modern, outgoing, social drinker, loves dancing, movies, nice evenings. Seeking 20-25, 5'6", 100 lbs., possible relationship. VMB 144179

SWF, 32

Brown-haired, brown-eyes, attractive woman, loves to dance and work seeking nonromantic relationship. VMB 144179

SWF, 40

1st, modern, outgoing, social drinker, loves dancing, movies, nice evenings. Seeking 20-25, 5'6", 100 lbs., possible relationship. VMB 144179

SWF, 19

Short, brown-eyes, brown-hair, nonromantic movies, dancing, 18-20, 5'3", 100 lbs., possible relationship. VMB 143908

Attractive SWF, 25

1st, sense of humor, driving out, movies, 5'4", 100 lbs., possible relationship. VMB 144029

Starting over

Attractive SWF, 25, brown-eyes, brown-hair, loves animals, partying, travel, staying home. Seeking 20-25, 5'4", 100 lbs., possible relationship. VMB 144234

DWF, 55

Very attractive, 55, 5'11", 105 lbs., pro-looking, driving physically, 20-25, 5'4", 100 lbs., possible relationship. VMB 145000

Petite, energetic

Attractive, adventurous, sense SWF, 30, 5'3", 95 lbs., active, driving out, movies, 20-25, 5'4", 100 lbs., possible relationship. VMB 142224

BF, 52

Legally separated, nonsmoker, nice, social drinker, employed, loves music, dancing, seeking 20-25, 5'4", 100 lbs., possible relationship. VMB 144584

Needed

You, CNW, 5'4", 40-45, beginning to interest, seeking 20-25, 5'4", 100 lbs., possible relationship. VMB 144164

Widowed

Widowed, financially secure, SWF, 60, 5'4", 100 lbs., nice, honest, seeking 20-25, 5'4", 100 lbs., possible relationship. VMB 144234

Very, happy Valentines

Divorced, independent, 5'2", 100 lbs., quiet, outgoing, seeking 20-25, 5'4", 100 lbs., possible relationship. VMB 144234

CFW, 28

Enters, moves, dancing, music, social friend, shop and possibly more. VMB 144234

Easycare, open

Honest, CNW, 5'4", 100 lbs., nice, nonromantic, works, having fun, loves animals, 20-25, 5'4", 100 lbs., possible relationship. VMB 144234

Creostwood chic

Divorced, seeking CNW, 30-35, 5'4", 100 lbs., possible relationship. VMB 144234

Wanted...

Real man, CNW, 5'4", 100 lbs., equal, honest, always trying, 20-25, 5'4", 100 lbs., possible relationship. VMB 144234

DWF, 28

Enters, moves, dancing, music, social friend, shop and possibly more. VMB 144234

CFW, 21

Legally separated, blue eyes, blonde, mother of three, 20-25, 5'4", 100 lbs., possible relationship. VMB 142468

Edwardsville

CNW, 5'4", 100 lbs., nice, honest, loves dancing, outdoors, books, good conversation, 20-25, 5'4", 100 lbs., possible relationship. VMB 142138

Ice Queen

DWF, 38, 5'4", blonde hair, blue-eyes, 130 lbs., enjoys Harry Potter, dancing, movies, 20-25, 5'4", 100 lbs., possible relationship. VMB 142138

Professional SWF, 30

Divorced, seeking CNW, 30-35, 5'4", 100 lbs., possible relationship. VMB 142138

CFW, 41

Professional, attractive, drug-free, active, many interests, 1st class, honest, seeking CNW, 30-35, 5'4", 100 lbs., possible relationship. VMB 142138

Illinois area

DWF, 33, partial, full figured, outgoing, easygoing, 20-25, 5'4", 100 lbs., possible relationship. VMB 142138

CFW, loving, spontaneous

DWF, 33, 100%, enjoys dancing, having fun, loves animals, 20-25, 5'4", 100 lbs., possible relationship. VMB 142138

DWF, 36

If you play volleyball, do it, Roger, the square root is important, seeking CNW, 20-25, 5'4", 100 lbs., possible relationship. VMB 144198

Take a chance...

Attractive, good-looking, outgoing, good-humored, seeking CNW, 20-25, 5'4", 100 lbs., possible relationship. VMB 144198

CFW, 18

120 lbs., 5'6", brown hair, blue-eyes, 130 lbs., athletic, water sports, animals, seeking second, 20-25, 5'4", 100 lbs., possible relationship. VMB 143434

Smoking, 34

Nonsmoker, social drinker,烟, 5'4", 100 lbs., possible relationship. VMB 143434

CFW, 34

Nonsmoker, nonromantic, 5'4", 100 lbs., possible relationship. VMB 143434

Chocolate kisses

Sweet, delicate, attractive, 5'4", 100 lbs., possible relationship. VMB 143434

DWF, 44

Athletic, water sports, animals, enjoys the outdoors, moves, dances, 20-25, 5'4", 100 lbs., possible relationship. VMB 143434

CFW, 34

Legally separated, CNW, 30-35, 5'4", 100 lbs., possible relationship. VMB 143434

Love-grown girl

Non, CNW, 5'4", 100 lbs., nice, dancing, music, theatre, movies, seeking CNW, 20-25, 5'4", 100 lbs., possible relationship. VMB 143434

CFW, 34

Legally separated, CNW, 30-35, 5'4", 100 lbs., nice, dancing, music, theatre, movies, seeking CNW, 20-25, 5'4", 100 lbs., possible relationship. VMB 143434

Going out, WF, 19

Legally separated, CNW, 30-35, 5'4", 100 lbs., nice, dancing, music, 20-25, 5'4", 100 lbs., possible relationship. VMB 143434

Spunky, 34

Attractive, brown-eyes, brown-hair, nonromantic, dancing, having fun, 20-25, 5'4", 100 lbs., possible relationship. VMB 143434

Loves life!

DWF, 54, seeking SWF, 40, for romantic evenings, likes making, travel, moves, quiet, nonromantic, 20-25, 5'4", 100 lbs., possible relationship. VMB 142468

Outgoing

Attractive, 5'4", 100 lbs., nice, outgoing, dancing, eating, 20-25, 5'4", 100 lbs., possible relationship. VMB 142468

Professional

Attractive, 5'4", 100 lbs., nice, outgoing, dancing, eating, 20-25, 5'4", 100 lbs., possible relationship. VMB 142468

CFW, 43

Attractive, 5'4", 100 lbs., nice, outgoing, dancing, eating, 20-25, 5'4", 100 lbs., possible relationship. VMB 142468

South County special

Attractive, 5'4", 100 lbs., nice, outgoing, dancing, eating, 20-25, 5'4", 100 lbs., possible relationship. VMB 142468

Small, unique

Attractive, 5'4", 100 lbs., nice, outgoing, dancing, eating, 20-25, 5'4", 100 lbs., possible relationship. VMB 142468

CFW, 44

Attractive, 5'4", 100 lbs., nice, outgoing, dancing, eating, 20-25, 5'4", 100 lbs., possible relationship. VMB 142468

CFW, 45

Attractive, 5'4", 100 lbs., nice, outgoing, dancing, eating, 20-25, 5'4", 100 lbs., possible relationship. VMB 142468

CFW, 46

Attractive, 5'4", 100 lbs., nice, outgoing, dancing, eating, 20-25, 5'4", 100 lbs., possible relationship. VMB 142468

CFW, 47

Attractive, 5'4", 100 lbs., nice, outgoing, dancing, eating, 20-25, 5'4", 100 lbs., possible relationship. VMB 142468

CFW, 48

Attractive, 5'4", 100 lbs., nice, outgoing, dancing, eating, 20-25, 5'4", 100 lbs., possible relationship. VMB 142468

CFW, 49

Attractive, 5'4", 100 lbs., nice, outgoing, dancing, eating, 20-25, 5'4", 100 lbs., possible relationship. VMB 142468

CFW, 50

Attractive, 5'4", 100 lbs., nice, outgoing, dancing, eating, 20-25, 5'4", 100 lbs., possible relationship. VMB 142468

CFW, 51

Attractive, 5'4", 100 lbs., nice, outgoing, dancing, eating, 20-25, 5'4", 100 lbs., possible relationship. VMB 142468

CFW, 52

Attractive, 5'4", 100 lbs., nice, outgoing, dancing, eating, 20-25, 5'4", 100 lbs., possible relationship. VMB 142468

CFW, 53

Attractive, 5'4", 100 lbs., nice, outgoing, dancing, eating, 20-25, 5'4", 100 lbs., possible relationship. VMB 142468

CFW, 54

Attractive, 5'4", 100 lbs., nice, outgoing, dancing, eating, 20-25, 5'4", 100 lbs., possible relationship. VMB 142468

CFW, 55

Attractive, 5'4", 100 lbs., nice, outgoing, dancing, eating, 20-25, 5'4", 100 lbs., possible relationship. VMB 142468

CFW, 56

Attractive, 5'4", 100 lbs., nice, outgoing, dancing, eating, 20-25, 5'4", 100 lbs., possible relationship. VMB 142468

CFW, 57

Attractive, 5'4", 100 lbs., nice, outgoing, dancing, eating, 20-25, 5'4", 100 lbs., possible relationship. VMB 142468

CFW, 58

Attractive, 5'4", 100 lbs., nice, outgoing, dancing, eating, 20-25, 5'4", 100 lbs., possible relationship. VMB 142468

CFW, 59

Attractive, 5'4", 100 lbs., nice, outgoing, dancing, eating, 20-25, 5'4", 100 lbs., possible relationship. VMB 142468

CFW, 60

Attractive, 5'4", 100 lbs., nice, outgoing, dancing, eating, 20-25, 5'4", 100 lbs., possible relationship. VMB 142468

CFW, 61

Attractive, 5'4", 100 lbs., nice, outgoing, dancing, eating, 20-25, 5'4", 100 lbs., possible relationship. VMB 142468

CFW, 62

Attractive, 5'4", 100 lbs., nice, outgoing, dancing, eating, 20-25, 5'4", 100 lbs., possible relationship. VMB 142468

CFW, 63

Attractive, 5'4", 100 lbs., nice, outgoing, dancing, eating, 20-25, 5'4", 100 lbs., possible relationship. VMB 142468

CFW, 64

Attractive, 5'4", 100 lbs., nice, outgoing, dancing, eating, 20-25, 5'4", 100 lbs., possible relationship. VMB 142468

CFW, 65

Attractive, 5'4", 100 lbs., nice, outgoing, dancing, eating, 20-25, 5'4", 100 lbs., possible relationship. VMB 142468

CFW, 66

Attractive, 5'4", 100 lbs., nice, outgoing, dancing, eating, 20-25, 5'4", 100 lbs., possible relationship. VMB 142468

CFW, 67

Attractive, 5'4", 100 lbs., nice, outgoing, dancing, eating, 20-25, 5'4", 100 lbs., possible relationship. VMB 142468

CFW, 68

Attractive, 5'4", 100 lbs., nice, outgoing, dancing, eating, 20-25, 5'4", 100 lbs., possible relationship. VMB 142468

CFW, 69

Attractive, 5'4", 100 lbs., nice, outgoing, dancing, eating, 20-25, 5'4", 100 lbs., possible relationship. VMB 142468

CFW, 70

Attractive, 5'4", 100 lbs., nice, outgoing, dancing, eating, 20-25, 5'4", 100 lbs., possible relationship. VMB 142468

CFW, 71

Attractive, 5'4", 100 lbs., nice, outgoing, dancing, eating, 20-25, 5'4", 100 lbs., possible relationship. VMB 142468

CFW, 72

Attractive, 5'4", 100 lbs., nice, outgoing, dancing, eating, 20-25, 5'4", 100 lbs., possible relationship. VMB 142468

CFW, 73

Attractive, 5'4", 100 lbs., nice, outgoing, dancing, eating, 20-25, 5'4", 100 lbs., possible relationship. VMB 142468

CFW, 74

Attractive, 5'4", 100 lbs., nice, outgoing, dancing, eating, 20-25, 5'4", 100 lbs., possible relationship. VMB 142468

CFW, 75

Attractive, 5'4", 100 lbs., nice, outgoing, dancing, eating, 20-25, 5'4", 100 lbs., possible relationship. VMB 142468

CFW, 76

Attractive, 5'4", 100 lbs., nice, outgoing, dancing, eating, 20-25, 5'4", 100 lbs., possible relationship. VMB 142468

CFW, 77

Attractive, 5'4", 100 lbs., nice, outgoing, dancing, eating, 20-25, 5'4", 100 lbs., possible relationship. VMB 142468

CFW, 78

Attractive, 5'4", 100 lbs., nice, outgoing, dancing, eating, 20-25, 5'4", 100 lbs., possible relationship. VMB 142468

CFW, 79

Attractive, 5'4", 100 lbs., nice, outgoing, dancing, eating, 20-25, 5'4", 100 lbs., possible relationship. VMB 142468

CFW, 80

Attractive, 5'4", 100 lbs., nice, outgoing, dancing, eating, 20-25, 5'4", 100 lbs., possible relationship. VMB 142468

CFW, 81

Attractive, 5'4", 100 lbs., nice, outgoing, dancing, eating, 20-25, 5'4", 100 lbs., possible relationship. VMB 142468

CFW, 82

Attractive, 5'4", 100 lbs., nice, outgoing, dancing, eating, 20-25, 5'4", 100 lbs., possible relationship. VMB 142468

CFW, 83

Attractive, 5'4", 100 lbs., nice, outgoing, dancing, eating, 20-25, 5'4", 100 lbs., possible relationship. VMB 142468

CFW, 84

Attractive, 5'4", 100 lbs., nice, outgoing, dancing, eating, 20-25, 5'4", 100 lbs., possible relationship. VMB 142468

CFW, 85

Attractive, 5'4", 100 lbs., nice, outgoing, dancing, eating, 20-25, 5'4", 100 lbs., possible relationship. VMB 142468

CFW, 86

Attractive, 5'4", 100 lbs., nice, outgoing, dancing, eating, 20-25, 5'4", 100 lbs., possible relationship. VMB 142468

CFW, 87

Attractive, 5'4", 100 lbs., nice, outgoing, dancing, eating, 20-25, 5'4", 100 lbs., possible relationship. VMB 142468

CFW, 88

Attractive, 5'4", 100 lbs., nice, outgoing, dancing, eating, 20-25, 5'4", 100 lbs., possible relationship. VMB 142468

CFW, 89

Attractive, 5'4", 100 lbs., nice, outgoing, dancing, eating, 20-25, 5'4", 100 lbs., possible relationship. VMB 142468

CFW, 90

Attractive, 5'4", 100 lbs., nice

